Surbiton Racket & Fitness Club

Studio Timetable

To book onto a class, please call us on 020 8399 1594

SURBITON RACKET & FITNESS CLUB

Studio Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00							
08:30							
09:00						Circuits 09:00-10:00 Ju	
09:30	Beat Box 9.30 - 10.30 K	Indoor Cycling 9.30 - 10.30 I	Legs, Bums & Tums 9.30 - 10.30 N		Impact Conditioning 9.30 - 10.30 K		£ Pilates 9:30-10:30 A
10:00							
10:30						Self Balance 10.15 - 11.00 Jul	
11:00	£ Yoga 11:00-12:15 S						
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30		Dance Stars		Dance Stars			
16:00		£ 15:45 - 18.00	£ Dance Stars 16.00 - 18.50	£ 15:45 - 18:30			
16:30		Jnr Classes ages 2-15	Jnr Dance Classes	Jnr Classes ages 2-15			
17:00		Contact Clare Rowland	Contact Clare Rowland	Contact Clare Rowland			
17:30		07753 748819	07753 748819	07753 748819			
18:00		£ Junior Gym 18.00 - 19.00 Ju					
18:30							
19:00		£ Pilates 19:00-20:00 A	Boot Camp Circuits 19.00 - 20.00 D	Hula-Hoop 18.30 - 19.30 K	Street Dance 19:15-20:15 C		
19:30	Indoor Cycling 19.30-20:15 Ju						
20:00		£ Pilates 20:00-21:00 A		Impact Conditioning 19.30 - 20.30 K			
20:30	Boxercise 20:30-21:30 Ju		Indoor Cycling 20.15 - 21.15 D				
21:00							
21:30							
22:00							
22:30							

KEY

- Strength and Conditioning
- High Energy
- Balance & Vitality
- Other
- £ Additional Charge

Please be aware that the class timetable can change so we recommend that you call the Club prior to your visit to book onto a class.