

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

**KEY**

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

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.