

class timetable

morning

monday

7:30 – 8:30
Yoga
Amanda W · ALL

tuesday

7:30 – 8:15
Pilates
Erez · LV 1

wednesday

7:30 – 8:15
Spin
Marcela · ALL

thursday

7:30 – 8:30
Ashtanga Yoga
Richard · LV2

friday

7:45 – 8:30
Spin
Emeka · LV1

saturday

10:05 – 11:00
Bike & Abs
Kamal · LV2

sunday

10:30 – 11:30
Yoga
Amanda W · LV1

afternoon

12:00 – 12:15
Abs Solution
Fitness Team · ALL

12:30 – 13:10
Spin
Emeka · LV3

12:25 – 13:10
Circuits
James · ALL

12:30 – 13:10
Spin
Richard · ALL

12:30 – 13:10
Pilates
Angela · LV2

11:00 – 12:30
Ashtanga Yoga
Will · LV2

11:30 – 12:20
Spin
Kamal · ALL

12:30 – 13:10
Spin
Candice · ALL

12:30 – 13:15
Box Fit
Joelle · ALL

12:15 – 13:00
Spin
Joelle · ALL

12:30 – 13:15
Booiaka
Victor · ALL

13:15 – 14:00
Spin
Barbara · ALL

12:25 – 13:10
Pump It
Joelle · ALL

13:15 – 14:00
Spin
Joelle · LV2

13:15 – 14:00
Pump It
Joelle · ALL

13:15 – 14:00
Yoga
Amanda W · LV2

13:20 – 14:10
Circuits
Kamal · ALL

13:15 – 14:00
Hatha Yoga
Sianne · ALL

13:15 – 14:00
Zumba
Victoria · ALL

18:00 - 19:00
Kettlebells
Joelle · ALL £££

evening

18:00 – 18:40
Spin
Gabi · LV1

17:45 – 18:00
Abs Solution
Fitness Team · LV1

17:45 – 18:30
Boot Camp
Bobby · ALL

18:10 – 19:10
Pump It
Joelle · ALL

19:00 - 19:45
Core & Flex
Barbara · ALL £££

18:00 – 18:45
Pump It
Donna · ALL

18:00 – 18:45
Pilates
Paula · LV2

18:30 – 19:15
Zumba
Victoria · ALL

18:30 – 19:10
Spin
Marcela · LV2

19:45 - 20:30
Triathlon Spin
Barbara · ALL £££

18:45 – 19:45
Spin
Kibrom · LV3

18:45 – 19:30
Spin
Marcella · ALL

18:30 – 19:15
Spin
Barbara · ALL

18:45 – 19:45
Step Jam
Colin · ALL

18:50 – 19:35
Military Fitness
Richard · ALL

19:30 – 20:15
Fight Club
Kilbrom · LV3

19:45 – 20:00
Abs Solution
Kibrom · ALL

19:45 – 21:00
Ashtanga Yoga
Will · LV2

19:15 – 20:30
Ivengar Yoga
Amanda J · ALL

19:15 – 20:00
Spin
Joelle · ALL

20:00 – 21:15
Hatha Yoga
Clare · LV2

20:15 – 21:15
Yoga Monks
Beth · ALL



Body Conditioning

- Yoga
- Pilates
- Abs solution
- LBT



strength & endurance

- Pump it
- Circuits
- Fight club
- Boot Camp
- Military Fitness



cardio

- Spin
- Step
- Aerobics
- Zumba
- Running Club



Specialist Courses

- Kettlebells
- Core & Flex
- Triathlon Spin

Additional cost required, please ask at reception for further details

- LV 1 beginner
- LV 2 intermediate
- LV 3 advanced
- ALL all levels

swimming lessons

Weekends
anytime between 10am-6pm

Weekdays
7am-12pm, 2pm-5.30pm, 7pm-9.30pm

Fridays
7am-12pm, 2pm-9.30pm

To book a session call
020 7001 7511
www.swimfortri.com (SWIM.FORTRI.COM)

OPENING TIMES:

Monday – Friday | 7am – 10pm
Saturday & Sunday | 10am – 6pm

- All classes must be booked in at reception no further than 24 hours in advance.
- Please arrive on time for your class. If you are late you may be refused entry.
- Please ensure you wear appropriate clothing and footwear.
- Whilst we endeavour to offer you the classes as advertised, market sports reserves the right to cancel classes and instructors without prior notice.



Call us now for booking
020 7739 6688
or book online

www.marketsports.co.uk