

coresport timetable

updated September 2025



MONDAY

12.00pm - 1.00pm	Dance (Core Arts Hall)
1.15pm - 2.15pm	Core Health, Weight Management and Nutrition (Core Arts Hall)
2.30pm - 3.30pm	Aerobics (Core Arts Hall)
3.45pm - 4.45pm	Stretch & Relaxation (Core Arts Hall)

TUESDAY

11.00am - 1.00pm (Meet at 10.40am at Community Sauna)	Mixed Sauna (Community Sauna Hackney Wick)
12.00pm - 2.00pm (Meet at 11.50am at Tennis Courts)	Social Tennis (Millfields Park)
12.00pm - 1.00pm (Meet at 11.40am at Centre reception)	Swim (London Aquatic Centre, Olympic Park)
1.00pm - 2.00pm (Meet at 12.50am at Centre reception)	Gym (London Aquatic Centre, Olympic Park)

WEDNESDAY

11.00am - 12.00pm (Meet at 10.45am at VeloPark entrance, Olympic Park)	Lee Valley VeloPark Coached Sessions <ul style="list-style-type: none">• Road Cycling 3 Sept to 22 Oct• Track Cycling 29 Oct to 25 Feb• Mountain Bike 4 Mar to 25 Mar
1.30pm - 3.30pm (Meet at 1.20pm at Core Arts Garden)	Confident Cycling (Local Area)

Programme excludes Bank Holidays.
Please wear appropriate clothing and footwear.

FREE!
with a GP Referral

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THURSDAY

11.00am - 12.00pm

(Meet at 10.45pm
at Lee Valley Ice Centre)

Ice Skating

Advanced booking required, Sport office
(Lee Valley Ice Centre, E10 7QL)

12.00pm - 1.00pm

Chair Based Aerobics*

(Online Only)

2.00pm - 3.00pm

(Meet at 1.50pm at Tennis
& Hockey Centre)

Coached Tennis – Session 1

(Tennis & Hockey Centre, Olympic Park)

3.00pm - 4.00pm

(Meet at 2.50pm at Tennis
& Hockey Centre)

Coached Tennis – Session 2

(Tennis & Hockey Centre, Olympic Park)

FRIDAY

12.00pm - 1.30pm

(Meet at 11.50am at
Copper Box reception)

Gym

(Copper Box Arena, Olympic Park)

1.30pm - 2.30pm

Kickboxing / Boxing

(Core Arts Hall)

2.30pm - 3.30pm

Yoga Practice (Core Arts Hall)

3.45pm - 4.45pm

Table Tennis (Core Arts Hall)

Check website for more courses:

www.core-sport.co.uk

***To access online courses please phone the office for the passcode.**

corearts promoting positive mental health

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www.corearts.co.uk

FREE!
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