

coresport programme

updated September 2021



MONDAY

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

TUESDAY

12.00pm - 2.00pm (Meet at 11.50am at Tennis Courts)	Social Tennis (£1 charge) (Millfields Park)
2.30pm - 3.30pm (Meet at 2.20pm by the climbing boulder at Mabley Green)	Walking Football (Mabley Green)

WEDNESDAY

10.30am - 11.30am (Meet at 10.20am at Core Arts Garden)	Beginner Cycling – Group 1 Advance booking required (Local Area)
11.30am - 12.30pm (Meet at 11.20am at Core Arts Garden)	Beginner Cycling – Group 2 Advance booking required (Local Area)
1.00pm - 2.00pm	Chair Based Aerobics (Online Only)
1.30pm - 3.30pm (Meet at 1.20pm at Core Arts Garden)	Cycling (Local Area)

Please check website for more courses:

www.core-sport.co.uk

charity no: 1043588

FREE!
with a GP Referral

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THURSDAY

1.30pm - 3.30pm

(Meet at 1.20pm
at Core Arts Garden)

Walking Group

(Local Area)

2.00pm - 3.00pm

(Meet at 1.50pm at Tennis
& Hockey Centre)

Tennis Beginners

Advance booking required

(Tennis & Hockey Centre, Olympic Park)

3.00pm - 4.00pm

(Meet at 2.50pm at Tennis
& Hockey Centre)

Tennis Intermediate/Advance

Advance booking required

(Tennis & Hockey Centre, Olympic Park)

FRIDAY

12.00pm - 1.00pm

(Meet at 11.50am by the
climbing boulder at Mabley
Green)

Outdoor Circuit

(Mabley Green)

1.30pm - 2.30pm

Dynamic Stretch

(Core Arts Hall and Online)

3.00pm - 5.00pm

Club Core Social

Board Games & Indoor Sports

(Core Arts Hall)

SATURDAY

12.00pm - 1.00pm

Boxing (Core Arts Hall and Online)

1.30pm - 3.30pm

Table Tennis (Core Arts Hall)

4.00pm - 5.00pm

Yoga (Core Arts Hall and Online)

Core Arts, 1 St Barnabas Terrace, London E9 6DJ

Tel: 020 8533 3500

Programme excludes Bank Holidays.

Please wear appropriate clothing.

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