

coresport programme



MONDAY

12.30pm - 1.30pm	Dance (Core Arts Hall)
1.30pm - 2.30pm	Core Health (Core Arts Pink Room)
2.30pm - 3.30pm	Circuit Training (Core Arts Hall)
3.30pm - 4.30pm	Stretch & Relaxation (Core Arts Hall)

TUESDAY

2pm - 4pm (Meeting Place: Front of House at 1.15pm)	Gym & Swim (Aquatic Centre, Olympic Park)
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WEDNESDAY

11am - 1pm (Meeting Place: Front of House at 11am)	Basketball (Bannister House)
1.30pm - 3.30pm (Meeting Place: Garden at 1.30pm)	Cycling (Local Area)

Core Arts, 1 St Barnabas Terrace, London E9 6DJ
Tel: 020 8533 3500

Programme excludes Bank Holidays.
Please wear appropriate clothing.

Please check website for more
short courses:

www.core-sport.co.uk

charity no: 1043588

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with a GP Referral

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THURSDAY

1.30pm - 3.30pm (Meeting Place: Garden at 1.30pm)	Walking Group (Local Area)
2pm - 3.30pm (Meeting Place: Front of House at 1.20pm)	Tennis (Tennis & Hockey Centre, Olympic Park)
2.30pm - 6.30pm	Table Tennis & Badminton (Core Arts Hall)
4.30pm - 6.30pm	Club Core Daytime (Core Arts Hall)

FRIDAY

10am - 11.30am (Meeting Place: Homerton High St entrance at 8.50am)	Table Tennis (Bounce Shoreditch)
1pm - 3pm (Meeting Place: Garden at 12.30pm)	Gym (6 week course) (Copper Box, Olympic Park)

SATURDAY

12pm - 1pm	Yoga (Core Arts Hall)
1pm - 2pm	Boxing & Self-defence (Core Arts Hall)
2.30pm - 4.30pm	Table Tennis (Core Arts Hall)

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