

coresport timetable



updated February 2024

MONDAY

12.00pm - 1.00pm	Dance (Core Arts Hall and Online)
1.15pm - 2.15pm	Core Health, Weight Management and Nutrition (Core Arts Hall)
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 starts 9 April 2024 (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

11.30am - 12.30pm (Meet at 11.20am at Core Arts Garden)	Beginner & Intermediate Cycling (No previous/little experience) (Local Area)
12.00pm - 1.00pm	Chair Based Aerobics* (Online Only)
1.30pm - 3.30pm (Meet at 1.20pm at Core Arts Garden)	Cycling (Confident cyclists) (Local Area)

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

Programme excludes Bank Holidays.

Please wear appropriate clothing and footwear.

Check website for more courses:

www.core-sport.co.uk

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THURSDAY	
11.00am - 12.00pm (Meet at 10.45pm at Lee Valley Ice Centre)	Ice Skating (Lee Valley Ice Centre, E10 7QL)
1.30pm - 3.30pm (Meet at 1.20pm at Core Arts Garden)	Walking Group (Local Area)
1.30pm - 4.30pm (12 week programme)	NHS Stop Smoking Clinic 20-30min bookable slots contact 0800 046 9946 (Homerton Library – Piano Room)
2.00pm - 3.00pm (Meet at 1.50pm at Tennis & Hockey Centre)	Coached Tennis – Session 1 Advance booking required (Tennis & Hockey Centre, Olympic Park)
3.00pm - 4.00pm (Meet at 2.50pm at Tennis & Hockey Centre)	Coached Tennis – Session 2 Advance booking required (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	Dynamic Stretch* (Core Arts Hall and Online)
3.00pm - 5.00pm	Club Core Social (Core Arts Hall)
SATURDAY	
12.00pm - 1.00pm	Boxing (Core Arts Hall)
1.30pm - 2.30pm	Yoga Practice (Core Arts Hall)
3.00pm - 5.00pm	Table Tennis (Core Arts Hall)

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Tel: 020 8533 3500
Charity no: 1043588

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