

coresport programme

updated July 2022



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 (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 (No previous experience) Advance booking required (Local Area)
11.30am - 12.30pm (Meet at 11.20am at Core Arts Garden)	Beginner Cycling (Some cycling experience) 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 (Confident cyclists) (Local Area)

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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)	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 - 1.00pm (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)
1.30pm - 3.30pm	Table Tennis (Core Arts Hall)
3.45pm - 4.45pm	Yoga (Core Arts Hall)

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

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

Please check website for more courses:

www.core-sport.co.uk

charity no: 1043588

FREE!
with a GP Referral