

coresport programme

autumn/winter 2020



MONDAY

12pm - 1pm	Dance (Core Arts Hall and Online)
1pm - 2pm	Core Health, Weight Management and Nutrition (Core Arts Hall and Online)
2.30pm - 3.30pm	Circuit Training (Online Only)
3.45pm - 4.45pm	Stretch & Relaxation (Core Arts Hall and Online)

TUESDAY

12pm - 2pm (Meet at 11.50pm at Hackney Tennis Club)	Social Tennis
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THIS SESSION IS TEMPORARILY SUSPENDED

WEDNESDAY

12pm - 1pm	Core Social (Online Only)
1pm - 2pm	Chair Based Aerobics (Online Only)
1.30pm - 3.30pm (Meet at 1.20pm at Core Arts Garden)	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

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)

3pm - 4pm

(Meet at 2.50pm
at Tennis Centre,
Olympic Park)

Tennis

Advanced
(Tennis Centre, Olympic Park)

THIS SESSION IS TEMPORARILY SUSPENDED

FRIDAY

12pm - 1pm

Outdoor Circuit

(Mabley Green)

2pm - 3.15pm

Table Tennis

Advance booking required

3.30pm - 4.45pm

(Core Arts Hall)

SATURDAY

12pm - 1pm

Yoga (Online Only)

1pm - 2pm

Boxing (Online Only)

*Please make sure you wear your mask when entering and walking around the building and arrive no more than 10 minutes before the session start time. Temperature checks will be done by the individual and you will be taught how to use the device

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