coresport timetable

updated October 2026

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

TUESDAY	
11.00am - 1.00pm (Meet at 10.40am at Community Sauna)	**Mixed Sauna** (Community Sauna Hackney Wick)
12.00pm - 2.00pm (Meet at 11.50am at Tennis Courts)	**Social Tennis** (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	
11.00am - 12.00pm (Meet at 10.45am at VeloPark entrance, Olympic Park)	**Lee Valley VeloPark Coached Sessions** • ***Road Cycling*** • ***Track Cycling*** TBC
1.30pm - 3.30pm (Meet at 1.20pm at Core Arts Garden)	**Confident Cycling** (Local Area)

FREE! with a GP Referral

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

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THURSDAY	
11.00am- 12.00pm (Meet at 10.45pm at Lee Valley Ice Centre)	**Ice Skating** Advanced booking required, Sport office (Lee Valley Ice Centre, E10 7QL)
11.30am- 12.30pm (Meet at 11.20am at Core Arts Garden)	**Beginner/Intermediate Cycling** (Local Area)
12.00pm- 1.00pm	**Chair Based Aerobics*** (Online Only)
2.00pm- 3.00pm (Meet at 1.50pm at Tennis & Hockey Centre)	**Coached Tennis – Session 1** (Tennis & Hockey Centre, Olympic Park)
3.00pm- 4.00pm (Meet at 2.50pm at Tennis & Hockey Centre)	**Coached Tennis – Session 2** (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	**Kickboxing / Boxing** (Core Arts Hall)
2.30pm- 3.30pm	**Yoga Practice** (Core Arts Hall)
3.45pm- 4.45pm	**Table Tennis** (Core Arts Hall)

Check website for more courses:
www.core-sport.co.uk

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

corearts promoting positive mental health

1 St Barnabas Terrace
London E9 6DJ
Tel: 020 8533 3500
Charity no: 1043588

FREE! with a GP Referral

www.corearts.co.uk