



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	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)
12.00pm - 1.00pm (Meet at 11.40am at Centre reception)	Swim starts 19 Sept 2023 (London Aquatic Centre, Olympic Park)
1.00pm - 2.00pm (Meet at 12.50am at Centre reception)	Gym starts 19 Sept 2023 (London Aquatic Centre, Olympic Park)

WEDNESDAY

10.30am - 12.30am (Meet at 10.20am at VeloPark entrance)	BMX Cycling (Lee Valley VeloPark, Olympic Park) 20 Sept, 4, 11, 18, 25 Oct & 1 Nov 2023
10.30am - 12.30pm (Meet at 10.20am at VeloPark entrance)	Velotrack Cycling (Lee Valley VeloPark, Olympic Park) 15, 22, 29 Nov & 6 Dec 2023
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)
3.45pm - 4.45pm (Meet at 3.35pm at Core Arts Garden)	Beginner Cycling starts 20 Sept (No previous experience) (Local Area)

coresport timetable

updated September 2023



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 - 1.30pm

(Meet at 11.50am
at Copper Box reception)

Gym starts 22 Sept 2023

(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 - 3.30pm

Table Tennis (Core Arts Hall)

3.45pm - 4.45pm

Yoga (Core Arts Hall)

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

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