

coresport programme

spring/summer 2019



MONDAY

12.30pm - 1.30pm	Dance (Core Arts Hall)
1.30pm - 2.30pm	Core Health (Core Arts Pink Room)
2.30pm - 3.30pm	Circuit Training (Core Arts Hall)
3.30pm - 4.30pm	Stretch & Relaxation (Core Arts Hall)

TUESDAY

2pm - 4pm (Meet at 1.15pm at Core Arts)	Gym & Swim (Aquatic Centre, Olympic Park)
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WEDNESDAY

11am - 1pm	Alternating Sports (Core Arts Hall)
1.30pm - 3.30pm (Meet at 1.30pm 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

11.00am-1.00pm	Alternating Sports (Core Arts Hall)
1.30pm - 3.30pm (Meet at 1.30pm at Core Arts Garden)	Walking Group (Local Area)
2pm - 3.30pm (Meet at 1.20pm at Core Arts)	Tennis (Tennis & Hockey Centre, Olympic Park)
4.30pm - 6.30pm	Club Core Daytime (Core Arts Hall)

FRIDAY

10am - 11.30am (Meet at 8.50am at Homerton High St entrance)	Table Tennis (Bounce Shoreditch)
1pm - 3pm (Meet at 12.30pm at Core Arts)	Gym (6 week course) (Copper Box, Olympic Park)

SATURDAY

12pm - 1pm	Yoga (Core Arts Hall)
1pm - 2pm	Boxing (Core Arts Hall)
2.30pm - 4.30pm	Table Tennis (Core Arts Hall)

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