

coresport timetable



updated January 2025

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

12.00pm- 2.00pm (Meet at 11.50am at Tennis Courts)	Social Tennis Winter Break (Millfields Park) Back Apr 24
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 <ul style="list-style-type: none">• Track Cycling Jan 8 – Feb 29• Road Cycling Mar 5 – Mar 26
12.00pm- 1.00pm	Chair Based Aerobics* (Online Only)
1.30pm- 3.30pm (Meet at 1.20pm at Core Arts Garden)	Confident Cycling (Local Area)

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 (Lee Valley Ice Centre, E10 7QL)
11.30am- 12.30pm (Meet at 11.20am at Core Arts Garden)	Beginner/Intermediate Cycling (Local Area)
1.30pm- 3.30pm (Meet at 1.20pm at Core Arts Garden)	Walking Group (Local Area)
1.30pm- 4.30pm (12 week programme)	NHS Stop Smoking Clinic 20-30min bookable slots contact 0800 046 9946 (Homerton Library – Piano Room)
2.00pm- 3.00pm (Meet at 1.50pm at Tennis & Hockey Centre)	CoachedTennis – Session 1 Advance booking required (Tennis & Hockey Centre, Olympic Park)
3.00pm- 4.00pm (Meet at 2.50pm at Tennis & Hockey Centre)	CoachedTennis – Session 2 (Tennis & Hockey Centre, Olympic Park)
3.00pm- 4.30pm	TableTennis (Core Arts Hall)

FRIDAY

12.00pm- 1.30pm (Meet at 11.50am at Copper Box reception)	Gym (Copper Box Arena, Olympic Park)
2.00pm- 3.00pm	Yoga Practice (Core Arts Hall)
3.15pm- 4.45pm	Kickboxing (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

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