

# coresport timetable



updated September 2024

## MONDAY

|                        |   |
|------------------------|---|
| <b>12.00pm- 1.00pm</b> | <b>Dance</b><br>(Core Arts Hall and Online)                             |
| <b>1.15pm - 2.15pm</b> | <b>Core Health, Weight Management and Nutrition</b><br>(Core Arts Hall) |
| <b>2.30pm - 3.30pm</b> | <b>Circuit Training</b><br>(Core Arts Hall)                             |
| <b>3.45pm - 4.45pm</b> | <b>Stretch &amp; Relaxation*</b><br>(Core Arts Hall and Online)         |

## TUESDAY

|   |  |
|---|--|
| <b>12.00pm- 2.00pm</b><br>(Meet at 11.50am at Tennis Courts)    | <b>Social Tennis</b><br>(Millfields Park)            |
| <b>12.00pm- 1.00pm</b><br>(Meet at 11.40am at Centre reception) | <b>Swim</b><br>(London Aquatic Centre, Olympic Park) |
| <b>1.00pm- 2.00pm</b><br>(Meet at 12.50am at Centre reception)  | <b>Gym</b><br>(London Aquatic Centre, Olympic Park)  |

## WEDNESDAY

|   |  |
|---|--|
| <b>11.00am- 12.00pm</b><br>(Meet at 10.45am at VeloPark entrance, Olympic Park) | <b>Lee Valley VeloPark Coached Sessions</b> <ul style="list-style-type: none"><li>• <b>Mountain Bike</b> Aug 28 – Sept 25</li><li>• <b>BMX</b> Oct 2 – Oct 16</li><li>• <b>Track Cycling</b> Nov 6 – Dec 18, Jan 8 – Feb 29</li><li>• <b>Road Cycling</b> Mar 5 – Mar 26</li></ul> |
| <b>12.00pm- 1.00pm</b>  | <b>Chair Based Aerobics*</b><br>(Online Only)  |
| <b>1.30pm - 3.30pm</b><br>(Meet at 1.20pm at Core Arts Garden)                  | <b>Confident Cycling</b><br>(Local Area)   |

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

Check website for more courses:  
[www.core-sport.co.uk](http://www.core-sport.co.uk)

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



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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)

**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**

(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**

**Kickboxing** (Core Arts Hall)

**1.30pm- 2.30pm**

**Yoga Practice** (Core Arts Hall)

**3.00pm- 5.00pm**

**Table Tennis** (Core Arts Hall)

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

**FREE!**  
with a GP Referral