

# Members' Classes Monday 8th August - Sunday 14th August 2022

Monday			Tuesday			Wednesday			Timetable Key		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor	Aerobic		
08:45 - 09:45	Triple Threat	Ellie	06:15 - 07:00	Cycle	Dan	08:45 - 09:45	Triple Threat	Josh	Mind & Body		
10:00 - 10:55	Active Movers	Monica	08:45 - 09:30	Cycle	Dan	08:30 - 09:15	Deep Water Aqua	Ian	Flexibility & Core		
11:45 - 12:45	Body Balance	Sarah	08:45 - 09:30	Aqua	Paula	09:00 - 10:00	Classical Pilates	Wendi	Strength		
13:00 - 13:45	Cycle & Abs	Jade	07:30 - 09:30	Active Life*	Angela	12:00 - 12:55	Pure Stretch	Monica	Dance		
13:00 - 13:55	Step & Sculpt	Chris	10:00 - 11:00	Tai Chi	TBC	13:00 - 13:45	Pure Strength	Josh	Water Based		
14:00 - 15:00	Mat Pilates	Chris	13:00 - 13:45	Core Classics	Josh	15:00 - 16:30	Hatha Yoga	Leila	Outdoors	Time Change	*sports hall
18:00 - 18:45	Outdoor Fitness	Josh	13:00 - 14:00	Vinyasa Yoga	Mica	18:00 - 18:45	Cycle	Graham	Multi Purpose Room		
18:00 - 18:55	DanceFit	Monica	18:00 - 18:45	Barre Fit	Monica	18:00 - 18:55	Vinyasa Yoga	Monica	Pavillion		
19:00 - 19:45	Cycle	Marie	18:00 - 18:45	BoxFit	Josh	19:00 - 19:45	Outdoor Fitness	Graham	Inside/Outside		
19:00 - 19:45	Pure Strength	Josh	19:00 - 19:55	Ashtanga Yoga	Mica	19:00 - 19:55	DanceFit	Monica			
20:00 - 21:00	Mat Pilates	Mica	20:00 - 21:00	Yin Yoga	Mica						

Thursday			Friday			Saturday			Sunday		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
06:15 - 07:00	Circuits	Josh	06:15 - 07:00	Freestyle Yoga	Monica	08:45 - 09:30	Cycle	Jade	09:15 - 10:15	Vinyasa Yoga	Monica
08:15 - 09:30	Hatha Yoga	Leila	08:45 - 09:45	Triple Threat	Josh	09:45 - 10:15	Beginner/Family Cycle	Jade	09:30 - 10:15	HIIT	Charlotte
08:45 - 09:30	Aqua	Paula	09:45 - 10:45	Vinyasa Yoga	Sumiko	10:30 - 11:15	Pure Pump	Charlotte	10:30 - 11:15	Pure Strength	Charlotte
11:45 - 12:45	Body Balance	Sarah	11:45 - 12:45	Fitness Pilates	Chris	11:30 - 12:30	Ashtanga Yoga	TBC	12:00 - 13:00	Kick Start Fitness (11-13)	Gym Team
18:00 - 18:45	Cycle	Jade	13:00 - 14:00	Dancefit	Monica	12:00 - 13:00	Kick Start Fitness (11-13)	Gym Team			
18:00 - 19:00	Pure Stretch	Chris	13:00 - 13:45	Cycle	Josh						
19:00 - 19:45	Pure Pump	Jade	18:00 - 18:45	Outdoor Fitness	Jade						
			18:15 - 19:00	Zumba	Paula						

## Important Information

- Classes are for Members age 14+ unless otherwise stated
- Please arrive just before the class starts to sign in with the Instructor. You may be refused entry if you are late.
- Members can book up to eight days in advance by telephone or online. Please email Reception if you did not receive your login details.
- **Class numbers are limited. In the event that you can no longer attend a class, please make every effort to cancel online or by telephone.**
  - Non-members may attend classes for £12 if accompanied by a Member but may only book the day before.
- Please inform your Instructor if you are new to TSC or if you have any injury/illness that may affect your workout
- Please bring a bottle of water and a towel to classes and wear suitable footwear. We recommend sun protection and extra layers for outdoor classes. Please also bring your own matt to matt based classes such as Pilates and Yoga.