

Members' Classes Monday 2nd August - Sunday 8th August 2021

Monday			Tuesday			Wednesday			Timetable Key		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor			
08:45 - 09:45	Triple Threat*	Sam	06:15 - 07:00	Cycle*	Dan	08:45 - 09:45	Triple Threat*	Oli	Aerobic		
10:00 - 10:45	Active Movers	Rosie	08:45 - 09:30	Cycle*	Dan	09:00 - 09:45	Barre Fit	Monica	Mind & Body		
11:00 - 12:00	Body Balance	Sarah	08:45 - 09:30	Aqua	Sam	09:00 - 09:45	Deep Water Aqua	Sam	Flexibility & Core		
13:00 - 13:45	Cycle & Abs*	Sam	09:00 - 09:45	AeroSculpt	Marie	10:00 - 11:00	Classical Pilates	TBC	Strength		
13:00 - 13:45	Step & Sculpt	Christine	10:00 - 11:00	Tai Chi	Angela	12:00 - 12:45	Pure Stretch	Sam	Dance		
14:00 - 14:45	Mat Pilates	Christine	13:00 - 13:45	Core Classics*	Sam	13:00 - 13:45	Pure Strength*	Oli	Water Based		
15:00 - 16:00	Vinyasa Yoga	Sumiko	13:00 - 13:45	Vinyasa Yoga	Sumiko	14:30 - 15:30	Hatha Yoga	Leila	*Outdoors	*sports hall	
18:00 - 18:45	Outdoor Fitness*	Josh	18:00 - 18:45	Barre Fit	Monica	18:00 - 18:45	Cycle*	Josh			
18:00 - 18:45	DanceFit	Monica	18:00 - 18:45	Outdoor Fitness*	Graham	18:00 - 18:45	Core Classics	Sam			
19:00 - 19:45	Cycle*	TBC	19:00 - 20:00	Ashtanga Yoga	Mica	19:00 - 19:45	HIIT*	Sam			
19:00 - 19:45	Mat Pilates	Monica	19:00 - 19:45	Cycle*	Graham	19:00 - 19:45	DanceFit	Monica			
20:00 - 20:45	Pure Strength*	Daren	20:00 - 20:45	Pure Strength*	Sam	20:00 - 20:45	Vinyasa Yoga	Monica			
20:00 - 20:45	Mat Pilates	Monica	20:15 - 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	Christine	09:00 - 09:45	Cycle*	Sam	09:30 - 10:30	Vinyasa Yoga	Monica
08:45 - 09:30	Aqua	Sam	08:45 - 09:45	Triple Threat*	Dan	10:00 - 10:30	Beginner/Family Cycle*	Sam	09:30 - 10:15	HIIT*	Sam
09:00 - 10:15	Hatah Yoga	Leila	09:30 - 10:30	Vinyasa Yoga	Sumiko	10:45 - 11:30	Pure Pump*	Sancha	10:30 - 11:15	Pure Strength	Tim
10:30 - 11:15	Body Sculpt	Marie	12:00 - 12:45	Fitness Pilates	Christine	11:15-12:15	Ashtanga Yoga	Mica	12:00 - 13:00	Kick Start Fitness (11-13)	Gym Team
12:00- 13:00	Body Balance	Sarah	13:00 - 13:45	Dancefit	Monica	12:00 - 13:00	Kick Start Fitness (11-13)	Gym Team			
13:00 - 13:30	HIIT*	Josh	13:00 - 13:45	Cycle*	Dan						
18:00- 18:45	Cycle*	Marie	18:15 - 19:00	Mat Pilates	Chris						
18:15- 19:00	Pure Stretch	Catherine	18:00 - 18:45	Outdoor Fitness*	Charlotte						
19:15 - 20:00	Pure Strength*	Jade									

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.