

Members' Classes Monday 15th August - Sunday 21st 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	Angela	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 Multi Purpose Room Pavillion Inside/Outside		
18:00 - 18:45	Outdoor Fitness	Josh	13:00 - 14:00	Vinyasa Yoga	Sumiko	18:00 - 18:45	Cycle	Graham			
18:00 - 18:55	DanceFit	Monica	18:00 - 18:45	Barre Fit	Monica	18:00 - 18:55	Vinyasa Yoga	Monica			
19:00 - 19:45	Cycle	Marie	18:00 - 18:45	BoxFit	Josh	19:00 - 19:45	Outdoor Fitness	Graham			
19:00 - 19:45	Pure Strength	Josh	19:00 - 19:55	Ashtanga Yoga	Leila	19:00 - 19:55	DanceFit	Monica			
20:00 - 21:00	Mat Pilates	Gill	20:00 - 21:00	Yin Yoga	Leila						

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	Marie	09:15 - 10:15	Vinyasa Yoga	Monica
08:15 - 09:30	Hatha Yoga	Leila	08:45 - 09:45	Triple Threat	Dan	09:45 - 10:15	Beginner/Family Cycle	Marie	09:30 - 10:15	HIIT	Darren
08:45 - 09:30	Aqua	Paula	09:45 - 10:45	Vinyasa Yoga	Sumiko	10:30 - 11:15	Pure Pump	Marie	10:30 - 11:15	Pure Strength	Darren
11:45 - 12:45	Body Balance	Sarah	11:45 - 12:45	Fitness Pilates	Chris	11:30 - 12:30	Ashtanga Yoga	Mica	12:00 - 13:00	Kick Start Fitness (11-13)	Gym Team
18:00 - 18:45	Cycle	Marie	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	Dan						
19:00 - 19:45	Pure Pump	Dan	18:00 - 18:45	Outdoor Fitness	Josh						
			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.