

Members' Outdoor Classes

Monday 12th April - Sunday 18th April 2021

Timetable Key
Aerobic
Strength

Monday			Tuesday			Wednesday		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
08:45 - 09:30	Triple Threat	Charlotte	08:45 - 09:30	Cycle	Dan	08:45 - 09:30	Triple Threat	Oli
12:00 - 12:45	Circuits	Darren	12:00 - 12:45	HITT	Dan	12:00 - 12:45	Express Cycle	Sam W
13:30 - 14:15	Cycle	Sam	13:00 - 13:45	Cardio Core	Sam	13:00 - 13:45	Pure Strength	Oli
18:00 - 18:45	Pure Pump	Darren	18:00 - 18:45	Outdoor Fitness	Graham	18:15 - 19:00	Cardio Core	Sarah
19:00 - 19:45	Cycle	Marie	19:00 - 19:45	Cycle	Graham	19:15 - 19:45	HITT	Sarah
20:00 - 20:45	Outdoor Fitness	Josh	20:00 - 20:45	Pure Strength	Sam	20:00 - 20:30	Express Cycle	Darren

Thursday			Friday			Saturday			Sunday		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
09:15 - 10:00	Cycle	Marie	08:45 - 09:30	Triple Threat	Dan	09:00 - 09:45	Cycle	Sam	09:15 - 09:45	HIIT	Marie
12:00 - 12:45	HIIT	Sarah	12:00 - 12:45	Cardio Core	Sam	10:00 - 10:30	Express Cycle	Sam	10:30 - 11:15	Pure Strength	Tim
18:00 - 18:45	Cycle	Marie	13:00 - 13:45	Cycle	Dan	10:45 - 11:30	Pure Pump	Sancha			
19:00 - 19:45	Pure Pump	Jade	18:00 - 18:45	Outdoor Fitness	Josh						

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 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.