

Members' Classes Monday 14th September - Sunday 20th September 2020

Monday			Tuesday			Wednesday			Timetable Key		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor	Aerobic		
08:45 - 09:30	Triple Threat**	Sam	06:15 - 07:00	Cycle*	Dan	08:45 - 09:30	Triple Threat**	Oli	Mind & Body		
10:00 - 10:45	Active Movers	Rosie	08:45 - 09:30	Cycle*	Dan	09:00 - 09:45	Barre Fit	Wendi	Flexibility & Core		
11:15 - 12:15	Body Balance	Sarah	09:00 - 09:45	AeroSculpt	Marie	12:00 - 12:45	Pure Stretch	Wendi	Strength		
13:30 - 14:15	Cycle & Abs*	Oli	10:00 - 10:45	Tai Chi	Angela	13:00 - 13:45	Pure Strength	Oli	Dance		
13:00 - 13:45	Step & Sculpt	Chris	13:00 - 13:45	Yoga	Sumiko	16:30 - 17:30	Yoga	Leila	Water Based		
14:00 - 14:45	Pilates	Chris	13:00 - 13:45	Core Classics**	Josh	18:00 - 18:45	Cycle*	Josh	*Pay as you go classes/ Paid courses for Members & Non-Members: Casual Climbing - £9.50 (10 for price of 9) Tennis - £10 per session Walking Football - £4.20 Tennis Lessons - Please contact Reception for dates		
15:00 - 16:00	Yoga	Monica	18:00 - 18:45	Pure Strength	Josh	18:00 - 18:45	Core Classics*	Sarah			
18:00 - 18:45	DanceFit	Monica	18:00 - 18:45	Outdoor Fitness*	Sam W	19:00 - 19:45	Outdoor Fitness*	Sarah			
18:00 - 18:45	Outdoor Fitness*	Josh	19:00 - 20:00	Yoga	David	19:00 - 19:45	DanceFit	Monica			
19:00 - 19:45	Cycle*	Marie	20:15 - 21:00	Yoga	David	20:00 - 20:45	Fitness Yoga	Monica			
19:00 - 19:45	Pure Pump	Josh				20:00 - 20:45	Barre Fit*	Sarah			
20:00 - 20:45	Pilates	Monica									

*Outdoors *Athletics Pavilion *Change of Class
 *Time Change **NEW CLASS** *Sports Hall

Thursday			Friday			Saturday			Sunday		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
06:15 - 07:00	Circuits	Darren	06:15 - 07:00	Yoga	Monica	08:30 - 09:15	Cycle*	Gym Team	09:15 - 10:00	Yoga	Monica
08:45 - 09:30	Aqua	Ian	08:45 - 09:30	Triple Threat**	Gym Team	09:30 - 10:00	Express Cycle*	Gym Team	10:30 - 11:15	Pure Strength	Tim
09:00 - 10:15	Yoga	Leila	12:00 - 12:45	Fitness Pilates	Christine	10:15 - 10:45	Family cycle*	Gym Team			
10:30 - 11:15	Body Sculpt	Marie	13:00 - 13:45	Dancefit	Monica	11:15 - 12:15	Yoga	David			
12:30 - 13:30	Body Balance	Sarah	13:30 - 14:15	Cycle*	Gym Team	12:30 - 13:30	Yoga	David			
18:15 - 19:00	Pure Stretch	Chris	18:15 - 19:00	Classical Pilates	Wendi						
19:15 - 20:00	Pure Pump	Jade	18:00 - 18:45	Outdoor Fitness*	Gym Team						

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.