



# Members' Classes

Monday 1st June - Sunday 7th June 2026

Timetable Key		
Aerobic		
Mind & Body		
Flexibility & Core		
Strength		
Dance		
Water Based		

Monday		
Time	Class	Instructor
08:45 - 09:45	Triple Threat	Darren
10:00 - 10:55	Active Movers	Marie
11:00 - 11:45	Dance Fit	Marie
12:00 - 12:45	Pure Stretch	Marie
13:00 - 13:45	Cycle & Abs	Darren
13:00 - 13:55	Step 'n' Sculpt	Marie
14:00 - 15:00	Mat Pilates	Chris
18:00 - 18:45	Dance Fit	Marie
18:00 - 18:45	Outdoor Fitness	Graham
19:00 - 19:45	Cycle	Jade
19:00 - 19:45	Pure Strength	Graham
20:00 - 21:00	Mat Pilates	James

Tuesday		
Time	Class	Instructor
06:15 - 07:00	Cycle	Marco
08:45 - 09:30	Cycle	Marco
08:45 - 09:30	Aqua	Alex
11:30 - 13:30	Active Life *	Sumiko
13:00 - 13:45	Core Classics	Marco
13:00 - 14:00	Vinyasa Yoga	Sumiko
18:00 - 18:55	BoxFit	Graham
19:00 - 19:55	Vinyasa Yoga	Katya
20:00 - 21:00	Yin Yoga	Katya

Wednesday		
Time	Class	Instructor
08:45 - 09:45	Triple Threat	Ellie
08:30 - 09:15	Deep Water Aqua	TBC
09:00 - 10:00	Classical Pilates	Wendi
10:00 - 11:00	Classical Pilates	Wendi
12:00 - 12:55	Pure Stretch	TBC
13:00 - 13:45	Pure Strength	Ellie
15:00 - 16:30	Hatha Yoga	Leila
18:00 - 18:45	Cycle	Graham
18:00 - 19:00	Vinyasa Yoga	TBC
19:00 - 19:45	Outdoor Fitness	Graham
19:00 - 19:55	DanceFit	Marie

@Outdoors Time Change \*sports hall  
The View Temporary Class Change Pavillion  
New Class Inside/Outside

Thursday		
Time	Class	Instructor
06:15 - 07:00	Circuits	Marco
08:45 - 09:30	Aqua	Alex
09:15 - 10:30	Hatha Yoga	Leila
10:45 - 11:30	Core Classics	Ellie
11:45 - 12:45	Strength & Stretch	Ellie
18:00 - 18:45	Cycle	Marie
18:00 - 18:45	Remix	Sherry

Friday		
Time	Class	Instructor
06:15 - 07:00	FreeStyle Yoga	Marie
08:45 - 09:45	Triple Threat	Dan
09:45 - 10:45	Vinyasa Yoga	Sumiko
11:45 - 12:45	Fitness Pilates	Chris
13:00 - 14:00	Body Conditioning	Sancha
13:00 - 13:45	Cycle	Ellie
18:15 - 18:55	HIIT	Josh
18:15 - 19:15	Mat Pilates	James

Saturday		
Time	Class	Instructor
08:45 - 09:30	Cycle	Jade
09:45 - 10:15	Beginners/Family Cycle	Jade
10:30 - 11:15	Pure Pump	Jade
11:45 - 12:45	Vinyasa Yoga	Katya

Sunday		
Time	Class	Instructor
09:15 - 10:45	Vinyasa Yoga	Monica
09:30 - 10:10	HIIT	Marco
10:30 - 11:15	Pure Strength	Marco

**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 £14 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.

