MEMBERS' CLASSES

Monday 16th - Sunday 22nd November 2026

TSC TONBRIDGE SCHOOL

MONDAY : 16th

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

TUESDAY : 17th

Time	Class	Instructor	Location
06:15 - 07:00	Cycle	Marco	Studio
08:45 - 09:30	Cycle	Marco	Studio
08:45 - 09:30	Aqua	Monica	Pool
10:00 - 11:00	Tai Chi	Monica	Studio
11:30 - 12:30	Active Life	Sumiko	Sports Hall
13:00 - 13:45	Core Classics	Josh	Studio
13:00 - 14:00	Vinyasa Yoga	Sumiko	Studio
18:00 - 18:45	Barre Fit	Monica	Studio
18:00 - 18:55	Box Fit	Josh	The View
19:00 - 19:55	Vinyasa Yoga	Monica	Studio
20:00 - 21:00	Yin Yoga	Monica	Studio

WEDNESDAY : 18th

Time	Class	Instructor	Location
08:45 - 09:45	Triple Threat	Dan	Studio
08:30 - 09:15	Deep Water Aqua	Ian	Pool
09:00 - 10:00	Classical Pilates	Wendi	The View
10:00 - 11:00	Classical Pilates	Wendi	The View
12:00 - 12:55	Pure Stretch	Monica	Studio
13:00 - 13:45	Pure Strength	Dan	Studio
15:00 - 16:30	Hatha Yoga	Leila	Studio
18:00 - 18:45	Cycle	Graham	Studio
18:00 - 19:00	Vinyasa Yoga	Monica	The View
19:00 - 19:45	Outdoor Fitness	Graham	Outdoors
19:00 - 19:45	Dance Fit	Monica	Studio

THURSDAY : 19th

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

FRIDAY : 20th

Time	Class	Instructor	Location
06:15 - 07:00	FreeStyle Yoga	Monica	Studio
08:45 - 09:45	Triple Threat	Josh	Studio
09:45 - 10:45	Vinyasa Yoga	Sumiko	Studio
11:45 - 12:45	Fitness Pilates	Chris	Studio
13:00 - 14:00	Dance Fit	Monica	Studio
13:00 - 13:45	Cycle	Josh	Studio
18:15 - 18:55	HIIT	Dan	Outside
18:15 - 18:55	Mat Pilates	James	Studio

SATURDAY : 21st

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

SUNDAY : 22nd

Time	Class	Instructor	Location
09:15 - 10:45	Vinyasa Yoga	Monica	Studio
09:45 - 10:15	HIIT	Marie	Outdoors
10:30 - 11:15	Pure Strength	Marie	Studio

Class Type: Aerobic | Mind & Body | Flexibility & Core | Strength | Dance | Water Based

Book and cancel classes online, or by contacting the TSC Reception Team

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