Members' Classes

Monday 9th November - Sunday 15th November 2026

Monday

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

Tuesday

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

Wednesday

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

Timetable Key

- Aerobic
- Mind & Body
- Flexibility & Core
- Strength
- Dance
- Water Based

Outdoors | Time Change | *sports hall

The View | Tempory Class Change | Pavillion

New Class | Inside/Outside

Thursday

Time	Class	Instructor
06:15 - 07:00	Circuits	Ellie
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	Monica
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	Dance Fit	Monica
13:00 - 13:45	Cycle	Dan
18:15 - 18:55	HIIT	Ellie
18:15 - 19:15	Mat Pilates	Isabelle

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	Monica

Sunday

Time	Class	Instructor
09:15 - 10:45	Vinyasa Yoga	Monica
09:30 - 10:10	HIIT	Josh
10:30 - 11:15	Pure Strength	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 by telephone or online. Please email Reception if you did not recieve 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.

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