

Members' Activity Timetable

Monday 28th October - Sunday 3rd November 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool	06:00 - 07:30 Lane Swimming	06:00 - 07:30 Lane Swimming	06:00 - 07:30 Lane Swimming	06:00 - 07:30 Lane Swimming	06:00 - 07:30 Lane Swimming	08:00 - 09:30 Members' Swim	09:00 - 10:30 Members' Swim
	07:30 - 09:00 Members' Swim	07:30 - 08:45 Members' Swim	07:30 - 08:30 Members' Swim	07:30 - 14:00 Members' Swim	07:30 - 14:00** Members' Swim	09:30 - 11:00 Family Splash	10:30 - 13:00 Family Splash
	09:00 - 11:00 Adult Only Lane Swimming	08:45 - 09:45 Adult Only Lane Swimming	08:30 - 09:15 Adult Only Lane Swimming	17:30 - 19:00 Members' Swim	16:00 - 18:00 Adult Only Lane Swimming	11:00 - 14:00 Adult Only Lane Swimming	16:00 - 17:30 Members' Swim
	11:00 - 12:30 Members' Swim	09:45 - 14:00 Members' Swim	09:15 - 13:45 Members' Swim	19:00 - 20:00 Adult Only Lane Swimming	18:00 - 19:00 Members' Swim	17:00 - 19:00 Members' Swim	
	12:30 - 14:00 Adult Only Lane Swimming	17:30 - 19:30 Members' Swim	16:00 - 18:00 Adult Only Lane Swimming			19:00 - 20:00 Adult Only Lane Swimming	
	15:00 - 16:30 Adult Only Lane Swimming		18:00 - 19:30 Members' Swim				
	17:30 - 21:00 Adult Only Lane Swimming						
Sauna	07:00 - 16:30 17:30 - 21:00	07:00 - 14:00 17:30 - 21:00	07:00 - 14:00 16:00 - 21:00	07:00 - 14:00 17:30 - 21:00	07:00 - 14:00 16:00 - 21:00	09:00 - 14:00 17:00 - 20:00	10:00 - 15:00 16:00 - 19:00
Fitness Suite	06:00 - 16:30 18:00 - 21:00	06:00 - 14:00 18:00 - 21:00	06:00 - 15:00 16:30 - 21:00	06:00 - 14:00 18:00 - 21:00	06:00 - 14:00 16:00 - 21:00	08:00 - 14:00 17:00 - 20:00	09:00 - 13:00 16:00 - 19:30
Athletics Track	08:00 - 18:00	08:00 - 17:30	08:00 - 18:00	08:00 - 17:30	08:00 - 18:00	08:00 - 18:00	13:00 - 18:00
Clay Tennis Courts	08:00 - 11:00 12:00 - 16:30 19:30 - 21:00	08:00 - 11:00 12:00 - 14:00 19:30 - 21:00	08:00 - 11:00 12:00 - 14:00 16:30 - 21:00	08:00 - 11:00 12:00 - 14:00 19:30 - 21:00	08:00 - 11:00 12:00 - 14:00 16:30 - 21:00	09:00 - 14:00 17:00 - 20:00	09:00 - 14:00 17:00 - 19:00

Adult Only Swimming - Adult Members (aged 16+).

Adult Only Lane Swimming - Lane Swimming in half the pool for Adult Members only (aged 16+) with a private activity in the other half.

Family Splash - Sessions for families with floats and toys in half the pool and Lane Swimming in the other half.

Lane Swimming - Lane Swimming in half the pool for Members only with a private activity in the other half.

Members' Swim - Lane Swimming in half the pool for Members and half the pool open for Members' casual swimming.

Athletics Track - Inside two lanes of the Track are not to be used.

Tennis Courts - Please book at Reception.

****Friday (09:00 - 11:30) - This session is shared with Active Life Members**



Members' Classes

Monday 28th October - Sunday 3rd November 2019



Monday		
Time	Class	Instructor
06:30 - 07:15	Yoga	Olivia
09:00 - 10:00	20:20:20	Gym Team
10:00 - 11:00	Active Movers	Rosaria
11:00 - 12:00	Body Balance	Sumiko
13:00 - 14:00	Step'n' Sculpt	Chris
13:00 - 13:45	Cycle & Abs	Gym Team
14:00 - 15:00	Pilates	Chris
15:00 - 16:30	Adult Ballet*	Gillian
18:00 - 18:45	Outdoor Fitness*	Josh
18:00 - 19:00	Boxfit	Sam W
18:00 - 19:00	DanceFit	Monica
19:00 - 19:45	Pure Strength	Sam W
19:00 - 20:30	Casual Climbing*	Susanna
19:00 - 20:00	Keiser Cycle	Josh
20:00 - 21:00	Pilates	Catherine

Tuesday		
Time	Class	Instructor
06:15 - 07:00	Keiser Cycle	Gym Team
08:45 - 09:45	Deep Water Aqua	Colette
09:00 - 09:45	Keiser Cycle	Gym Team
09:00 - 10:00	AeroBlitz	Marie
10:00 - 11:00	Tai Chi	Angela
13:00 - 13:45	Core Classics	Gym Team
13:00 - 14:00	Yoga	Sumiko
17:45 - 18:30	Family Keiser	Josh
17:45 - 18:30	Kettlebells	Gym Team
18:30 - 20:00	Yoga (intermediate)	David
20:00 - 20:45	Tabata	Sam
20:00 - 20:45	PiYo/Yoga	Olivia

Wednesday		
Time	Class	Instructor
06:30 - 07:15	Core Classics	Tim
08:30 - 09:15	Aqua	Sam
09:00 - 10:00	20:20:20	Gym Team
10:00 - 11:45	Adult Ballet*	Gillian
12:00 - 13:00	Pure Stretch	Catherine
13:00 - 13:45	Kettlebells	Gym Team
15:00 - 16:30	Yoga	Leila
16:30 - 17:30	Kick-Start* (age 11-13)	Gym Team
18:00 - 18:45	Core Classics	Sarah
19:00 - 20:00	Keiser Cycle	Graham
19:00 - 19:30	HIIT	Sarah
19:30 - 20:00	HIIT	Sarah
20:00 - 21:00	Vinyasa Yoga*	Monica
20:00 - 21:00	Boxfit	Elliot
20:00 - 21:00	Barre Fit	Sarah

Timetable Key		
Aerobic		
Mind & Body		
Flexibility & Core		
Strength		
Dance		
Water Based		
<p>*Pay as you go classes/ Paid courses for Members & Non-Members:</p> <p>Active Life - Members free, Non-Members £6.20</p> <p>Casual Climbing - £9.50 (10 for price of 9)</p> <p>Tennis - £10 per session</p> <p>Kick-Start Fitness - Members free, Non-members £5</p> <p>Walking Football - £4.20</p> <p>Tennis Lessons - Please contact Reception for dates</p>		

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

Thursday		
Time	Class	Instructor
06:15 - 07:00	Circuits	Gym Team
09:00 - 10:15	Yoga	Leila
10:30 - 11:30	Body Sculpt	TBC
12:00 - 13:00	Body Balance	Sumiko
13:00 - 13:45	Core Classics	Gym Team
17:45 - 18:30	Keiser Cycle	Tim
18:00 - 19:00	Pure Stretch	Catherine
19:00 - 20:00	Pure Strength	Gym team
19:00 - 20:00	Aqua	Colette
19:00 - 20:00	Latino	Yanina
20:00 - 20:45	Supple Strength	Yanina

Friday		
Time	Class	Instructor
06:30 - 07:15	Fitness Yoga	Monica
09:00 - 11:30	Active Life*	David
09:00 - 10:00	20:20:20	Gym Team
12:00 - 13:00	Fitness Pilates	Chris
13:00 - 13:45	Keiser Cycle	Gym Team
13:00 - 14:00	DanceFit	Monica
14:00 - 15:00	Yoga*	Monica
18:00 - 18:45	Outdoor Fitness*	Gym Team
18:15 - 19:15	Classical Pilates	Wendi

Saturday		
Time	Class	Instructor
08:00 - 08:45	Boxfit*	TBC
09:00 - 10:00	Keiser Cycle	Gym Team
10:15 - 10:45	Beginner & Family Keiser	Gym Team
11:30 - 13:00	Yoga (Intermediate)	David
12:00 - 13:00	Kick-Start* (age 11-13)	Gym Team

Sunday		
Time	Class	Instructor
09:15 - 10:15	Body Balance	Sarah
10:30 - 11:30	Pure Strength	Sarah
15:00 - 16:30	Walking Football*	TSC Staff

Important Information

- Classes are for Members age 14+ unless otherwise stated
- Please arrive before the class starts to sign in at Reception. You may be refused entry if you are late.
- Members can book up to eight days in advance at Reception, by telephone or online. Please obtain your online booking details at Reception.
- Class numbers are limited. In the event that you can no longer attend a class, please make every effort to cancel online or at Reception.
- 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.