

Members' Classes

Monday 23rd March - Sunday 29th March 2020

Monday			Tuesday			Wednesday			Timetable Key Aerobic Mind & Body Flexibility & Core Strength Dance Water Based *Pay as you go classes/ *Paid courses for Members & Non-Members: Active Life - Members free, Non-Members £6.20 Casual Climbing - £9.50 (10 for price of 9) Tennis - £10 per session Kick-Start Fitness - Members free, Non-members £5 Walking Football - £4.20 Tennis Lessons - Please contact Reception for dates
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor	
09:00 - 10:00	Triple Threat	Gym Team	06:15 - 07:00	Cycle	Gym Team	08:30 - 09:15	Aqua	Yanina	
10:00 - 11:00	Active Movers	Rosaria	08:45 - 09:45	Deep Water Aqua	Colette	09:00 - 10:00	Triple Threat	Gym Team	
11:00 - 12:00	Body Balance	Sarah	09:00 - 09:45	Cycle	Gym Team	10:15 - 11:45	Adult Ballet*	Gillian	
13:00 - 14:00	Step 'n' Sculpt	Chris	09:00 - 10:00	AeroSculpt	Marie	12:00 - 13:00	Pure Stretch	Catherine	
13:00 - 13:45	Cycle & Abs	Gym Team	10:00 - 11:00	Tai Chi	Angela	13:00 - 13:45	Pure Strength	Gym Team	*Pay as you go classes/ *Paid courses for Members & Non-Members: Active Life - Members free, Non-Members £6.20 Casual Climbing - £9.50 (10 for price of 9) Tennis - £10 per session Kick-Start Fitness - Members free, Non-members £5 Walking Football - £4.20 Tennis Lessons - Please contact Reception for dates
14:00 - 15:00	Mat Pilates	Chris	13:00 - 13:45	Core Classics	Gym Team	15:00 - 16:30	Hatha Yoga	Leila	
15:00 - 16:30	Adult Ballet*	Gillian	13:00 - 14:00	Vinyasa Yoga	Sumiko	16:30 - 17:30	Kick-Start* (age 11-13)	Gym Team	
18:00 - 18:45	Outdoor Fitness *	Josh	17:45 - 18:30	Barre Fit	Wendi	18:00 - 18:45	Core Classics	Sarah	
18:00 - 19:00	Boxtech	Sam W	17:45 - 18:30	Pure Strength	Gym Team	18:00 - 18:45	Cycle	Josh	
18:00 - 19:00	DanceFit	Monica	18:30 - 19:55	Ashtanga Style Yoga	David	19:00 - 20:00	Boxercise	Henry	
19:00 - 19:45	Pure Pump	Sam W	20:00 - 20:45	Boxfit	Josh	19:00 - 19:30	HIIT	Sarah	*Outdoors *Athletics Pavilion *Change of Class *Time Change NEW CLASS *Sports Hall
19:00 - 21:00	Casual Climbing*	Susanna				19:30 - 20:00	HIIT	Sarah	
19:00 - 19:45	Cycle	Marie				20:00 - 21:00	Vinyasa Yoga	Sam	
20:00 - 21:00	Pilates	Catherine				20:00 - 21:00	Barre Fit	Sarah	

Thursday			Friday			Saturday			Sunday		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
06:15 - 07:00	Circuits	Gym Team	06:30 - 07:15	Vinyasa Yoga	Monica	08:00 - 08:45	Boxfit*	Josh	09:15 - 10:15	Yoga	Monica
08:30 - 09:15	Aqua	Colette	07:30 - 10:00	Active Life*	David	09:00 - 09:45	Cycle	Gym Team	10:30 - 11:30	Pure Strength	Marie
09:00 - 10:15	Hatha Yoga	Leila	09:00 - 10:00	Triple Threat	Gym Team	10:00 - 10:30	Beginner & Family Keiser	Gym Team	12:00 - 13:00	Kick-Start* (age 11-13)	Gym Team
10:30 - 11:30	Body Sculpt	Marie	12:00 - 13:00	Fitness Pilates	Chris	11:30 - 13:00	Ashtanga Style Yoga	David	15:00 - 16:30	Walking Football*	TSC Staff
12:30 - 13:30	Body Balance	Sarah	13:00 - 13:45	Cycle	Gym Team	12:00 - 13:00	Kick-Start* (age 11-13)	Gym Team	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.		
18:00 - 19:00	Pure Pump	Gym Team	13:00 - 14:00	DanceFit	Monica						
18:00 - 19:00	Pure Stretch	Catherine	14:00 - 15:00	Vinyasa Yoga	Louise						
19:00 - 19:30	Express Core	Charlotte	18:00 - 18:45	Outdoor Fitness*	Gym Team						
19:30 - 20:00	Express Cycle	Charlotte	18:15 - 19:15	Classical Pilates	Wendi						
19:00 - 20:00	Aqua	Colette									
19:00 - 20:00	Latino	Yanina									
20:00 - 21:00	Supple Strength	Yanina									