

# Members' Classes

Monday 9th December - Sunday 15th December 2019

Monday			Tuesday			Wednesday		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
09:00 - 10:00	20:20:20	Gym Team	06:15 - 07:00	Keiser Cycle	Gym Team	09:00 - 10:00	20:20:20	Gym Team
10:00 - 11:00	Active Movers	Rosaria	09:00 - 09:45	Keiser Cycle	Gym Team	10:15 - 11:45	Adult Ballet*	Gillian
11:00 - 12:00	Body Balance	Sumiko	09:00 - 10:00	AeroBlitz	Marie	12:00 - 13:00	Pure Stretch	Catherine
13:00 - 14:00	Step 'n' Sculpt	Chris	10:00 - 11:00	Tai Chi	Angela	13:00 - 13:45	Kettlebells	Gym Team
13:00 - 13:45	Cycle & Abs	Gym Team	13:00 - 13:45	Core Classics	Gym Team	15:00 - 16:30	Yoga	Leila
14:00 - 15:00	Pilates	Chris	13:00 - 14:00	Yoga	Sumiko	16:30 - 17:30	Kick-Start* (age 11-13)	Gym Team
15:00 - 16:30	Adult Ballet*	Gillian	17:45 - 18:30	Family Keiser	Josh	18:00 - 18:45	Core Classics	Sarah
18:00 - 18:45	Outdoor Fitness *	Josh	17:45 - 18:30	Kettlebells	Gym Team	19:00 - 20:00	Keiser Cycle	Graham
18:00 - 19:00	Boxfit	Sam W	18:30 - 20:00	Yoga (intermediate)	David	19:00 - 19:30	HIIT	Sarah
18:00 - 19:00	DanceFit	Monica	20:00 - 20:45	Tabata	Sam	19:30 - 20:00	HIIT	Sarah
19:00 - 19:45	Pure Strength	Sam W	20:00 - 20:45	PiYo/Yoga	Monica	20:00 - 21:00	Boxfit	Henry
19:00 - 20:30	Casual Climbing*	Susanna				20:00 - 21:00	Barre Fit	Sarah
19:00 - 20:00	Keiser Cycle	Josh						
20:00 - 21:00	Pilates	Catherine						

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		

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

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	Fitness Yoga	Monica	08:00 - 08:45	Boxfit*	Sam W	09:15 - 10:15	Body Balance	Sarah
09:00 - 10:15	Yoga	Leila	09:00 - 11:30	Active Life*	David	09:00 - 10:00	Keiser Cycle	Gym Team	10:30 - 11:30	Pure Strength	Sarah
10:30 - 11:30	Body Sculpt	Marie	09:00 - 10:00	20:20:20	Gym Team	10:15 - 10:45	Beginner & Family Keiser	Gym Team	12:00 - 13:00	Kick-Start* (age 11-13)	Gym Team
12:00 - 13:00	Body Balance	Sumiko	12:00 - 13:00	Fitness Pilates	Chris	11:30 - 13:00	Yoga (Intermediate)	David	15:00 - 16:30	Walking Football*	TSC Staff
13:00 - 13:45	Core Classics	Gym Team	13:00 - 13:45	Keiser Cycle	Gym Team	12:00 - 13:00	Kick-Start* (age 11-13)	Gym Team			
17:45 - 18:30	Keiser Cycle	Tim	13:00 - 14:00	DanceFit	Monica						
18:00 - 19:00	Pure Stretch	Catherine	14:00 - 15:00	Yoga*	Monica						
19:00 - 20:00	Pure Strength	Sarah/Jade	18:00 - 18:45	Outdoor Fitness*	Gym Team						
19:00 - 20:00	Aqua	Colette	18:15 - 19:15	Classical Pilates	Catherine						
19:00 - 20:00	Latino	Yanina									
20:00 - 20:45	Supple Strength	Yanina									

## 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.