

# Members' Classes

Monday 1st July - Sunday 7th July 2019

Monday		
Time	Class	Instructor
06:15 - 07:00	PiYo/Yoga	Monica
09:00 - 10:00	20:20:20	Gym Team
10:00 - 11:00	Active Movers	Sam
11:00 - 12:00	Body Balance	Sumiko
13:00 - 14:00	LBT*	Jess
13:00 - 13:45	Cycle & Abs	Gym Team
14:00 - 15:00	Pilates	Jess
18:00 - 18:45	Outdoor Fitness*	Sam W
18:00 - 19:00	Boxfit	Tim
18:00 - 19:00	DanceFit	Monica
19:00 - 19:45	Pure Strength	Tim
19:00 - 21:00	Casual Climbing*	Susanna
19:00 - 20:00	Keiser Cycle	Sam W
20:00 - 21:00	Pilates	Jess

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	Kettlebells	Sam
17:45 - 18:30	Family Keiser Cycle	Josh
18:30 - 20:00	Yoga (intermediate)	David
20:00 - 20:45	Tabata	Sam
20:00 - 20:45	PiYo/Yoga	Olivia

Wednesday		
Time	Class	Instructor
06:15 - 07:00	Core Classics	Tim
08:30 - 09:15	Aqua	Sam
09:00 - 10:00	20:20:20	Gym Team
12:45 - 13:45	Pure Stretch*	Sam
13:00 - 13:45	Kettlebells	Gym Team
16:15 - 17:45	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
19:30 - 21:00	Tennis Club Night*	Giles
20:00 - 21:00	Vinyasa Yoga *	Sam
20:00 - 21:00	Kickboxing	TBC
20:00 - 21:00	Barre Fit	Sarah

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 Casual Climbing - £9.50 (10 for price of 9) Tennis - £10 per session Kick-Start Fitness - Members free, Non-members £4 Walking Football - £4 Tennis Lessons - Please contact Reception for dates		

\*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
09:30 - 11:00	Tennis Coffee Morning*	Giles
10:30 - 11:30	Body Sculpt	Marie
11:30 - 12:30	Body Balance	Sarah
13:00 - 13:45	Core Classics	Gym Team
17:45 - 18:30	Keiser Cycle	Graham
18:00 - 19:00	Pure Stretch	Colette
19:00 - 20:00	Pure Strength	Tim
19:00 - 20:00	Aqua	Colette
19:15 - 20:15	Latino	Jess
20:15 - 21:00	Supple Strength	Jess

Friday		
Time	Class	Instructor
06:30 - 07:15	Yoga	Monica
09:00 - 11:30	Active Life**	David
09:00 - 10:00	20:20:20	Gym Team
12:00 - 13:00	Pilates	Jess
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	Pilates	Ivonne

Saturday		
Time	Class	Instructor
08:00 - 08:45	Boxfit*	Connor
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	Yoga	Monica
10:30 - 11:30	Pure Strength	Sarah
12:00 - 13:00	Kick-Start* (age 11-13)	Gym Team
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 £11 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.