

Members' Classes

Monday 19th August - Sunday 25th August 2019

Monday			Tuesday			Wednesday		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
06:15 - 07:00	PiYo/Yoga	Olivia	06:15 - 07:00	Keiser Cycle	Gym Team	06:15 - 07:00	Core Classics	Tim
09:00 - 10:00	20:20:20	Gym Team	08:45 - 09:45	Deep Water Aqua	Colette	08:30 - 09:15	Aqua	Sam
10:00 - 11:00	Active Movers	Rosaria	09:00 - 09:45	Keiser Cycle	Gym Team	09:00 - 10:00	20:20:20	Gym Team
11:00 - 12:00	Body Balance	Sumiko	09:00 - 10:00	AeroBlitz	Marie	12:00 - 13:00	Pure Stretch	Gym Team
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	16:15 - 17:45	Yoga	TBC
14:00 - 15:00	Pilates	Chris	13:00 - 14:00	Yoga	Sumiko	16:30 - 17:30	Kick-Start* (age 11-13)	Gym Team
18:00 - 18:45	Outdoor Fitness *	Sam W	17:45 - 18:30	Kettlebells	Sam	18:00 - 18:45	Core Classics	Sarah
18:00 - 19:00	Boxfit	Tim	17:45 - 18:30	Family Keiser Cycle	Josh	19:00 - 20:00	Keiser Cycle	Graham
18:00 - 19:00	DanceFit	Monica	18:30 - 20:00	Yoga (intermediate)	David	19:00 - 19:30	HIIT	Sarah
19:00 - 19:45	Pure Strength	Tim	20:00 - 20:45	Tabata	Sam	19:30 - 20:00	HIIT	Sarah
19:00 - 21:00	Casual Climbing*	Susanna	20:00 - 20:45	PiYo/Yoga	Olivia	20:00 - 21:00	Vinyasa Yoga *	Monica
19:00 - 20:00	Keiser Cycle	Sam W				20:00 - 21:00	Kickboxing	Elliot
20:00 - 21:00	Pilates	Catherine				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			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*	Connor	09:15 - 10:15	Body Balance	Sarah
08:30 - 09:45	Yoga	TBC	07:30 - 10:30	Active Life*	David	09:00 - 10:00	Keiser Cycle	Gym Team	10:30 - 11:30	Pure Strength	Sarah
10:30 - 11:30	Body Sculpt	Sam	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
11:30 - 12:30	Body Balance	Sarah	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	Graham	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	Gym team	18:00 - 18:45	Outdoor Fitness*	Gym Team						
19:00 - 20:00	Aqua	Colette	18:15 - 19:15	Pilates	Catherine						
19:15 - 20:15	Latino	Rosaria									
20:15 - 21:00	Supple Strength	Rosaria									

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.