



TONBRIDGE SCHOOL CENTRE LEISURE CLUB

Streaming Class Timetable

Please see current timetable for class instructors

Monday		
	Pilates	2-2.45pm
	Pilates	8-8.45pm
Tuesday		
	Yoga	1-1.45pm
	Yoga	6.30-7.30pm
	Yoga	7.45-8.45pm
Wednesday		
	Pure Stretch	12-12.45pm
	Yoga	2-3pm
	Yoga	3.15-4.15pm
	Fitness Yoga	8-8.45pm
Thursday		
	Yoga	9-10.15am
	Pure Stretch	6-6.45pm
Friday		
	Fitness Pilates	12-12.45pm
	Classic Pilates	6-6.45pm
Saturday		
	Yoga	11.15-12.15pm
	Yoga	12.30-1.30pm
Sunday		
	Yoga	9.15-10am

CLASSES STREAMING VIA FACEBOOK LIVE

To join the group **you will need a Facebook account**. First go to the Tonbridge School Centre Facebook page, click **Groups** to see the 'Tonbridge School Centre Classes' group and then click **Join Group**. We will then accept your request and you can to join the streaming classes.

Alternatively, please email your Facebook account name to us and we will add you to the group.

Please email: tsc@tonbridge-school.org