

Monday			Tuesday			Wednesday			Timetable Key		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor			
09:00 - 09:45	Triple Threat*	Sam	06:15 - 07:00	Cycle*	Dan	09:00 - 09:45	Barre Fit	Wendi	Aerobic		
10:00 - 10:45	Active Movers	Rosie	09:00 - 09:45	AeroSculpt	Marie	09:00 - 09:45	Triple Threat*	Oli	Mind & Body		
11:15 - 12:15	Body Balance	Sarah	09:00 - 09:45	Cycle*	Dan	12:00 - 12:45	Pure Stretch	Catherine	Flexibility & Core		
13:00 - 13:45	Cycle*	Sam	10:00 - 10:45	Tai Chi*	Angela	13:00 - 13:45	Pure Strength	Oli	Strength		
13:00 - 13:45	Step & Sculpt	Chris	13:00 - 13:45	Yoga	Sumiko	14:00 - 15:00	Yoga	Leila	Dance		
14:00 - 14:45	Pilates	Chris	13:00 - 13:45	Core Classics*	Sam	15:15 - 16:15	Yoga	Leila	Water Based		
18:00 - 18:45	DanceFit	Marie	17:30 - 18:15	Pure Strength	Sam	18:00 - 18:45	Cycle*	Josh	<p>*Pay as you go classes/ Paid courses for Members & Non-Members: Casual Climbing - £9.50 (10 for price of 9) Tennis - £10 per session Walking Football - £4.20 Tennis Lessons - Please contact Reception for dates</p>		
18:00 - 18:45	Outdoor Fitness*	Josh	18:00 - 18:45	Outdoor Fitness*	Sam W	18:15 - 18:45	Core Classics	Sarah			
19:00 - 19:45	Pure Pump	Darren	18:30 - 19:15	Yoga	David	19:00 - 19:45	Outdoor Fitness*	Josh			
19:00 - 19:45	Cycle*	Marie	19:45 - 20:30	Yoga	David	19:00 - 19:45	DanceFit	Sarah			
20:00 - 20:45	Pilates	Catherine				20:00 - 20:45	Fitness Yoga	Sumiko			
						20:00 - 20:45	Barre Fit*	Sarah			

*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	Darren	06:15 - 07:00	Yoga	David	9:00 - 9:45	Cycle*	Gym Team	09:15 - 10:00	Yoga	Louise
09:00 - 10:15	Yoga	Leila	09:00 - 09:45	Triple Threat*	Josh	10:00 - 10:30	Family cycle	Gym Team	10:30 - 11.15	Pure Strength	TBC
10:30 - 11:15	Body Sculpt	Marie	12:00 - 12:45	Fitness Pilates	Christine	11:15-12:15	Yoga	David			
12:30 - 13:15	Body Balance	Sarah	13:00 - 13:45	Barre Fit*	Wendi	12:30 - 13:30	Yoga	David			
14:00 - 14:45	Aqua	Ian	13:00 - 13:45	Cycle*	Josh						
18:00 - 18:45	Pure Stretch	Catherine	18:00 - 18:45	Classical Pilates	Wendi						
19:00 - 19:45	Pure Pump	Jade	18:00 - 18:45	Outdoor Fitness*	Jade						

Important Information

- Classes are for Members age 14+ unless otherwise stated
- Please arrive just before the class starts to sign in with the Instructor. You may be refused entry if you are late.
- Members can book up to eight days in advance by telephone or online. Please email Reception if you did not receive your login details.
- **Class numbers are limited. In the event that you can no longer attend a class, please make every effort to cancel online or by telephone.**
 - 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. Please also bring your own matt to matt based classes such as Pilates and Yoga.