

# Members' Classes Monday 23rd May - Sunday 29th May 2022

Monday		
Time	Class	Instructor
08:45 - 09:45	Triple Threat	Darren
10:00 - 10:55	Active Movers	Monica
11:45 - 12:45	Body Balance	Sarah
13:00 - 13:45	Cycle & Abs	Darren
13:00 - 13:55	Step & Sculpt	Chris
14:00 - 15:00	Mat Pilates	Chris
18:00 - 18:45	Outdoor Fitness	Josh
18:00 - 18:55	DanceFit	TBC
19:00 - 19:45	Cycle	Marie
19:00 - 19:45	Pure Strength	Josh
20:00 - 21:00	Mat Pilates	Gillian

Tuesday		
Time	Class	Instructor
06:15 - 07:00	Cycle	Dan
08:45 - 09:30	Cycle	Dan
08:45 - 09:30	Aqua	Paula
09:00 - 11:00	Active Life*	Angela
11:30 - 12:30	Tai Chi	Angela
13:00 - 13:45	Core Classics	Josh
13:00 - 14:00	Vinyasa Yoga	Sumiko
18:00 - 18:45	Barre Fit	TBC
18:00 - 18:45	Vinyasa Yoga	Monica
18:00 - 18:45	BoxFit	Josh
19:00 - 19:55	Ashtanga Yoga	Mica
20:00 - 21:00	Yin Yoga	Mica

Wednesday		
Time	Class	Instructor
08:45 - 09:45	Triple Threat	Josh
08:30 - 09:15	Deep Water Aqua	Ian
09:00 - 10:00	Classical Pilates	TBC
12:00 - 12:55	Pure Stretch	Monica
13:00 - 13:45	Pure Strength	Oli
15:00 - 16:30	Hatha Yoga	Leila
18:00 - 18:45	Cycle	Graham
18:00 - 18:55	Vinyasa Yoga	Monica
19:00 - 19:45	Outdoor Fitness	Graham
19:00 - 19:55	DanceFit	Monica

Timetable Key		
Aerobic		
Mind & Body		
Flexibility & Core		
Strength		
Dance		
Water Based		
Outdoors	Time Change	*sports hall Pavilion
Multi Purpose Room		
Inside/Outside		

Thursday		
Time	Class	Instructor
06:15 - 07:00	Circuits	Dan
09:00 - 10:15	Hatha Yoga	Leila
08:45 - 09:30	Aqua	Paula
10:30 - 11:30	Pure Pump	Dan
12:00 - 13:00	Body Balance	Sarah
18:00 - 18:45	Cycle	Marie
18:00 - 19:00	Pure Stretch	Chris
19:00 - 19:45	Pure Pump	Jade
20:00 - 20:45	Latino	Yanina

Friday		
Time	Class	Instructor
06:15 - 07:00	Freestyle Yoga	Chris
08:45 - 09:45	Triple Threat	Charlotte
09:45 - 10:45	Vinyasa Yoga	Sumiko
11:45 - 12:45	Fitness Pilates	Chris
13:00 - 14:00	Dancefit	Monica
13:00 - 13:45	Cycle	Josh
18:00 - 18:45	Outdoor Fitness	Josh

Saturday		
Time	Class	Instructor
08:15 - 08:45	Express Cycle	Jade
09:00 - 09:45	Cycle	Jade
10:00 - 10:30	Beginner/Family Cycle	Jade
10:30 - 11:25	Pure Pump	Sancha
11:30 - 12:30	Ashtanga Yoga	Mica
12:00 - 13:00	Kick Start Fitness (11-13)	Gym Team

Sunday		
Time	Class	Instructor
09:15 - 10:15	Vinyasa Yoga	Monica
09:30 - 10:15	HIIT	Charlotte
10:30 - 11:15	Pure Strength	Charlotte
12:00 - 13:00	Kick Start Fitness (11-13)	Gym Team

**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 mat to mat based classes such as Pilates and Yoga.