

# Members' Classes

Monday 27th November - Sunday 3rd December 2023

Timetable Key	
Aerobic	
Mind & Body	
Flexibility & Core	
Strength	
Dance	
Water Based	

Monday		
Time	Class	Instructor
08:45 - 09:45	Triple Threat	Darren
10:00 - 10:55	Active Movers	Monica
11:00 - 11:45	Dance Fit	Sarah
11:45 - 12:45	Vinyasa Yoga	Sarah
13:00 - 13:45	Cycle & Abs	Darren
13:00 - 13:55	Step 'n' Sculpt	Chris
14:00 - 15:00	Mat Pilates	Chris
18:00 - 18:45	Dance Fit	Monica
18:00-18:45	Outdoor Fitness	Josh G
19:00 - 19:45	Cycle	Marie
19:00 - 19:45	Pure Strength	Josh G
20:00 - 21:00	Mat Pilates	James
20:00-20:55	Beginners BoxFit	Josh G

Tuesday		
Time	Class	Instructor
06:15 - 07:00	Cycle	Josh V
08:45- 09:30	Cycle	Josh V
08:45 - 09:30	Aqua	TBC
10:00 - 11:00	Tai Chi	Angela
11:30 - 13:30	Active Life *	Angela
13:00 - 13:45	Core Classics	Josh G
13:00 - 14:00	Vinyasa Yoga	Sumiko
18:00 - 18:45	Barre Fit	Monica
18:00-18:55	BoxFit	Josh G
19:00 - 19:55	Vinyasa Yoga	Rachel
20:00 - 21:00	Yin Yoga	Rachel

Wednesday		
Time	Class	Instructor
08:45 - 09:45	Triple Threat	Dan
08:30 - 09:15	Deep Water Aqua	TBC
09:00-10:00	Classical Pilates	Wendi
10:00-11:00	Classical Pilates	Wendi
12:00 - 12:55	Pure Stretch	Monica
13:00 - 13:45	Pure Strength	Josh V
15:00 - 16:30	Hatha Yoga	Leila
18:00 -18:45	Cycle	Graham
18:00-19:00	Vinyasa Yoga	Monica
19:00-19:45	Outdoor Fitness	Graham
19:00 - 19:55	DanceFit	Monica

@Outdoors Time Change \*sports hall  
The View Temporary Class Change Pavillion  
New Class Inside/Outside

Thursday		
Time	Class	Instructor
06:15 - 07:00	Circuits	Ellie
08:45 - 09:30	Aqua	Sherry
09:00 - 10:15	Hatha Yoga	Leila
11:45 - 12:45	Strength & Stretch	Ellie
18:00 - 18:45	Cycle	Marie
18:00 - 18:45	Remix	Sherry
18:00-19:00	Mat Pilates	James
19:00 - 19:45	Pure Pump	Josh V

Friday		
Time	Class	Instructor
06:15 - 07:00	Freestyle Yoga	Monica
08:45 - 09:45	Triple Threat	Ellie
09:45 - 10:45	Vinyasa Yoga	Sumiko
11:45 - 12:45	Pilates	Chris
13:00 - 14:00	Dance Fit	Monica
13:00 - 13:45	Cycle	Ellie
18:15-19:00	Outdoor Fitness	Alex

Saturday		
Time	Class	Instructor
08:45 - 09:30	Cycle	Jade
09:45 - 10:15	Beginners/Family Cycle	Jade
10:30 - 11:15	Pure Pump	Charlotte
11:45 - 12:45	Vinyasa Yoga	Sinead
12:00 - 13:00	Kick Start Fitness (11-13)	Josh G

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

**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.