



Members' Classes

Monday 7th October - Sunday 13th October 2024

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

Monday		
Time	Class	Instructor
08:45 - 09:45	Triple Threat	Alex
10:00 - 10:55	Active Movers	Monica
11:00 - 11:45	Dance Fit	Hannah
11:45 - 12:45	Vinyasa Yoga	Hannah
13:00 - 13:45	Cycle & Abs	Alex
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	Jade
19:00 - 19:45	Pure Strength	Josh G
20:00 - 21:00	Mat Pilates	James
20:00-20:55	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	Monica
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	Monica
20:00 - 21:00	Yin Yoga	Katya

Wednesday		
Time	Class	Instructor
08:45 - 09:45	Triple Threat	Dan
08:30 - 09:15	Deep Water Aqua	Ian
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	Dan
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	Josh G
08:45 - 09:30	Aqua	Alex
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
19:00 - 19:45	Pure Strength	James

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

Saturday		
Time	Class	Instructor
08:45 - 09:30	Cycle	Jade
09:45 - 10:15	Beginners/Family Cycle	Jade
10:30 - 11:15	Pure Pump	Jade
11:45- 12:45	Vinyasa Yoga	TBC

Sunday		
Time	Class	Instructor
09:15 - 10:45	Vinyasa Yoga	Monica
09:30-10:15	HIIT	TBC
10:30 - 11:15	Pure Strength	TBC

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 £13 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.

