

Teesside class timetable

Last updated: June
Please note that weekly class timetables are subject to change
Please book your place through the app

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:10 - 07:55 HIIT Fitness Coach - Gym Floor	06:30 - 07:00 Spin Sarah C - Spin Studio	07:10 - 08:10 L.B.T Wik - Gym Floor	06:20 - 07:05 Strength & Conditioning Sharon - Gym Floor	06:30 - 7:00 Spin Ben - Spin Studio	08:30 - 09:15 TF 9 (3 x 9 Intensity) Joe - Gym Floor
09:30 - 10:00 T.F.X 30 (T-rox) Fitness Coach - Gym Floor	07:10 - 07:45 Functional Fitness Moz - Gym Floor	09:30 - 10:15 Functional Fitness Wik - Gym Floor	07:10 - 07:55 HIIT Wik - Gym Floor	07:00 - 08:00 Kettlebell Fitness Coach - Gym Floor	09:30 - 10:15 Spin Joe - Spin Studio
09:30 - 10:30 Tai Chi Mike - Studio 1	09:00 - 09:30 T.F.X 30 (T-rox) Sophie - Gym Floor	10:00 - 10:45 Zumba Sarah C - Studio 2	07:15 - 08:15 Les Mills Body Combat Sharon - Studio 2	09:30 - 10:15 Les Mills Body Attack Sarah C - Studio 2	09:30 - 10:30 Aces (4-10 yrs) Kids Activity Coach - Studio 1
10:00 - 10:45 Aqua Sophie - Small Pool	09:30 - 10:00 TreadFit Sophie - Gym Floor	10:50 - 11:35 Body Blast Sarah C - Studio 2	10:00 - 11:00 DanceFit Natalie - Studio 1	10:00 - 10:30 T.F.X 30 (T-rox) Fitness Coach - Gym Floor	09:30 - 10:30 Les Mills Body Pump Sarah C - Studio 2
10:15 - 11:00 Zumba Sarah C - Studio 2	09:30 - 10:30 DanceFit: Salsa Natalie - Studio 1	11:15 - 12:00 Aqua Wik - Small Pool	10:00 - 11:00 Les Mills Body Pump Sarah C - Studio 2	10:00 - 11:00 Pilates Orsi - Studio 1	10:30 - 11:15 Les Mills Body Attack Sarah C - Studio 2
11:05 - 11:50 Body Blast Sarah C - Studio 2	10:15 - 11:15 Les Mills Body Pump Sarah C - Studio 2	12:00 - 12:45 Aqua Sophie - Small Pool	11:05 - 11:50 Pilates Orsi - Studio 1	10:15 - 11:15 Zumba Tone Sarah C - Studio 2	
17:30 - 18:15 Zumba Sarah C - Studio 2	10:30 - 11:30 Pilates Natalie - Studio 1	17:00 - 18:00 Tai Chi Mike - Studio 1	11:30 - 12:10 Aqua HIIT Wik - Small Pool	11:30 - 12:15 Aqua Sarah C - Small Pool	Sunday
18:00 - 18:30 Spin Joe - Spin Studio	11:35 - 12:20 Aqua Sarah C - Small Pool	17:30 - 18:00 Spin Ben - Spin Studio	18:00 - 18:30 Spin Joe - Spin Studio	17:30 - 18:30 Functional Fitness Fitness Coach - Gym Floor	08:45 - 09:15 Bootcamp Moz - Gym Floor
18:00 - 19:00 Strength & Conditioning Moz - Gym Floor	17:30 - 18:30 Aces (4-10 yrs) Kids Activity Coach - Squash Court 2	17:30 - 18:15 Zumba Sarah C - Studio 2	18:00 - 19:00 Aces Run Club (4-10 yrs) Kids Activity Coach - Running Track		09:30 - 10:30 Aces (4-10 yrs) Kids Activity Coach - Studio
18:00 - 19:00 Aces (4-10 yrs) Kids Activity Coach - Studio 1	17:30 - 18:15 Les Mills Body Attack Sarah C - Studio 2	18:00 - 19:00 Football Academy (4-10 yrs) Kids Activity Coach - Studio 1	18:00 - 19:00 Athletic Performance Moz - Gym Floor		09:30 - 10:15 Spin Fitness Coach - Spin Studio
18:15 - 19:15 Pilates Julie - Studio 2	17:30 - 18:30 DanceFit Natalie - Studio 1	18:15 - 18:45 Spin Ben - Spin Studio	18:00 - 19:00 Yoga Simon - Studio 1		
18:20 - 19:00 Aqua Sarah D - Small Pool	18:00 - 19:00 Strength & Conditioning Wik - Gym Floor	18:30 - 19:30 Pilates Julie - Studio 2	18:00 - 19:00 Les Mills Body Pump Sarah C - Studio 2		
	18:30 - 19:30 Yoga Simon - Studio 1				
	18:35 - 19:35 Body Tone Natalie - Studio 2				

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