Last updated:27-Apr

Teesside class timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:30-07:00 HIIT Finn - Gym Floor	06:30-07:00 Spin Sarah C - Spin Studio	07:10-08:10 LBT Penny - Gym Floor	06:20-07:05 Strength & Conditioning Sharon - Gym Floor	06:25-06:55 Spin Sarah C - Spin Studio	08:30-09:15 TF 9 Fc - Gym Floor
07:10-07:55 Strength & Conditioning Finn - Gym Floor	07:10-07:45 Functional Fitness Luan - Gym Floor	10:00-10:45 Soulsa Sarah C - Studio 2	07:15-07:40 T.F.X. 30 Sophie - Gym Floor	07:00-08:00 Kettlebells Sarah C - Gym Floor	09:30-10:30 Aces (4-10yrs) Kids Coach - Studio 1
09:15-09:45 T.F.X 30 Sophie - Gym Floor	09:30-10:00 Treadfit Sophie/ Lara - Gym Floor	10:50-11:35 Body Blast Sarah C - Studio 2	07:45-08:00 Stretch Sophie - Gym Floor	09:30-10:15 Les Mills Body Attack Sarah C - Studio 2	09:30-10:15 Spin Luan - Spin Studio
09:30-11:00 Tai Chi Mike - Studio 1	09:30-10:30 Dance Fit: Salsa Natalie - Studio 1	11:15-12:00 Aqua Penny - Small Pool	10:00-11:00 Dance Fit Natalie - Studio 1	09:30-10:00 HIIT Sophie - Gym Floor	09:30-10:30 Les Mills Body Pump Sarah C - Studio 2
10:00-10:45 Aqua Sophie - Small Pool	10:00-10:45 Strength & Conditioning Sophie/ Lara - Gym Floor	12:00-12:45 Aqua Sarah C - Small Pool	10:00-11:00 Les Mills Body Pump Sarah C - Studio 2	10:00-10:15 Core Sophie - Gym Floor	
10:15-11:00 Zumba Sarah C - Studio 2	10:15-11:15 Les Mills Body Pump Sarah C - Studio 2	12:45-13:45 Adult Only Swim	11:05-11:50 Pilates Orsi - Studio 1	10:20-11:15 Zumba Tone Sarah C - Studio 2	
11:05-11:50 Body Blast 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 Sophie - Small Pool	10:45-11:30 Aqua Sophie - Small Pool	
12:30-13:30 Adult Only Swim	11:35-12:20 Aqua Penny - Small Pool	17:30-18:00 Spin Ben - Spin Studio	12:30-13:30 Adult Only Swim	11:30-12:15 Aqua Sarah C - Small Pool	
12:30-13:30 Glutes, Core and More Penny - Studio 2	12:30-13:30 Adult Only Swim	17:30-18:15 Zumba Sarah C - Studio 2	17:00-17:45 JNR Go Penny - Gym Floor	12:30-13:30 Adult Only Swim	
17:30-18:15 Soulsa Sarah C - Studio 2	17:30-18:30 Aces (4-10yrs) Kids Coach - Studio 1	18:00-19:00 Football Academy (4-10yrs) Kids Coach - Studio 1	17:30-18:30 Yoga Hatha Anna - Studio 2		
18:00-19:00 Aces (4-10yrs) Kids Coach - Studio 1	17:30-18:30 Dance Fit Natalie - Studio 2	18:15-18:45 Spin Ben - Spin Studio	17:45-18:30 Les Mills Body Combat Sharon - Studio 1		
18:00-18:30 Spin Joe - Spin Studio	18:00-19:00 Strength & Conditioning Finn - Gym Floor	18:30-19:30 Pilates Orsi - Studio 2	17:45-18:30 Run Club (4-10yrs) Kids Coach - Running Track		Sunday 08:15-09:15 Glutes, Core & More Penny - Studio 2
18:00-19:00 Strength & Conditioning Lara - Gym Floor	18:35-19:35 Body Tone Natalie - Studio 2		18:00-19:00 Athletic Performance Luan - Gym Floor		09:30-10:15 Spin Lewis/ Tori - Spin Studio
18:20-19:00 Aqua Sarah D - Small Pool			18:30-19:30 Yoga Yin Anna - Studio 2		10:30-11:30 Les Mills Body Balance Lara - Studio 2
18:45-19:45 Pilates Orsi - Studio 2					

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