

Teesside Class Timetable

Last updated: October 2024

Please note that weekly class timetables are subject to change.

totalfitness

Monday		6:00 - 22:00	
7:10-7:55	H.I.I.T	Fitness Coach	Gym Floor
9:30-10:15	Functional Fitness	Nikkita	Gym Floor
9:30-10:30	Thai Chi	Mike	Studio 1
10:15-11:00	Zumba	Sarah C	Studio 2
11:05-11:50	Body Blast	Sarah C	Studio 2
11:40-12:25	Aqua	Fitness Coach	Small Pool
18:00-19:00	Pilates	Juile	Studio 2
18:00-1830	Spin	Fitness Coach	Spin Studio
18:00-19:00	Athletic Performance	Barbora	Gym Floor
18:00-19:00	Aces (4-10 years)	Kids coach	Studio 1
18:20-19:00	Aqua	Sarah D	Small pool

Wednesday		6:00 - 22:00	
7:10-07:55	L.B.T	Fitness Coach	Gym Floor
10:05-10:45	Zumba	Sarah C	Studio 2
10:50-11:35	Body Blast	Sarah C	Studio 2
11:15-12:00	Aqua	Fitness Coach	Small Pool
12:00-12:45	Aqua	Fitness Coach	Small Pool
17:00-1800	Tai Chi	Mike	Studio 1
18:00-19:00	Football Academy (4-10 years)	Kids Coach	Studio 1
1800:19:00	Athletic Performance	Fitness Coach	Gym Floor
18:00-18:45	Spin: Coach By Colour	Barbora	Location
18:30-19:30	Pilates	Julie	Studio 2

Friday		6:00 - 21:00	
6:30-7:00	Spin: Coach By Colour	Fitness Coach	Spin Studio
7:00-7:45	Kettlebells	Fitness Coach	Gym Floor
7:45-8:00	Core	Fitness Coach	Gym Floor
9:30-10:15	Body Tone	Sarah C	Studio 2
10:00-11:00	Pilates	Orsi	Studio 1
10:15-11:15	Zumba Tone	Sarah C	Studio 2
11:00-12:00	Aqua	Fitness Coach	Small Pool

Tuesday		6:00 - 22:00	
6:30-7:00	Spin	Fitness Coach	Spin Studio
7:10-7:55	L.B.T	Fitness Coach	Gym Floor
7:55-8:10	Core	Fitness Coach	Gym Floor
9:30-10:00	Functional Fitness	Fitness Coach	Gym Floor
9:30-10:30	Dance fit : Salsa	Natalie	Studio 1
10:00-10:05	Core	Fitness Coach	Gym Floor
10:15-11:15	Les Mills body pump	Sarah C	Studio 2
10:30-11:30	Pilates	Natalie	Studio 1
11:35-12:20	Aqua	Fitness Coach	Small Pool
17:30-18:30	Aces (4-10 years)	Kids Coach	Squash court 2
17:30-18:30	Les Mills Body Attack	Sarah C	Studio 2
17:30-18:30	Dance Fit	Nataile	Studio 1
18:00-19:00	Strength and conditioning	Wik	Gym Floor
18:30-19:30	Yoga	Simon	Studio 1
18:35-19:35	Body Pump	Natalie	Studio 2

Thursday		6:00 - 22:00	
7:10-7:55	H.I.I.T	Fitness Coach	Gym Floor
10:00-11:00	Dance Fit	Natalie	Studio 1
10:00-11:00	Les Mills Body Pump	Sarah C	Studio 2
11:05-11:50	Pilates	Orsi	Studio 1
11:30-12:10	Aqua H.I.I.T	Fitness Coach	Small Pool
18:00-19:00	Aces Run Club (4-10 yrs)	Kids Coach	Running Track
18:00-19:00	Athletic Performance	Fitness Coach	Gym Floor
18:00-19:00	Yoga	Simon	Studio 1
18:00-19:00	Les Mills Body Pump	Sarah C	Studio 2
19:05-20:05	Les Mills Body Attack	Sarah C	Studio 2

Saturday		8:00 - 19:00	
9:30-10:30	Aces (4-10yrs)	Kids Coach	Studio 1
9:30-10:00	Spin: Coach by Colour	Fitness Coach	Spin Studio
9:30-10:30	Les Mills Body Pump	Sarah C	Studio 2
10:35-11:35	Les Mills Body Attack	Sarah C	Studio 2