

Class Timetable

22/02/10 – 24/03/10

TONBRIDGE SCHOOL CENTRE

Tonbridge School, London Road, Tonbridge, Kent TN10 3AD. Tel: 01732 304111 Fax: 01732 304116
Email: tsc@tonbridge-school.org www.tonbridge-school.co.uk

Monday

9.00 – 9.45

FAB ABS!
Fitness Team

13.00 – 14.00

Legs, Bums & Tums
Christine

14.00 – 15.00

Pilates
Christine

18.00 – 19.00

Aerobics
Vicki

18.00 – 19.00

Beginners Jogging
Emma

19.00-20.00

Keiser Cycle - NEW!
Emma

19.00 – 20.30

Casual Climbing*

Tuesday

9.15 – 10.00

Keiser Cycling
Fitness Team

13.15 – 14.00

FIT - BALL
Fitness Team

18.30 – 20.00

Yoga
Veronica

20.00 – 21.00

Pump
Beverley

Wednesday

9.00 – 9.45

FAB ABS!
Fitness Team

11.00-12.00

Aqua
Anna

15.00 – 16.30

Yoga
Leila

18.15– 19.00

FIT – BALL
Oli

19.00 – 20.00

Keiser Cycle
Graham

20.00 – 21.00

Dancercise
Jess

Thursday

13.00 – 14.00

PUMP*
Christine

14.00 – 15.00

Pilates
Christine

18.45 – 19.45

Line Dancing**

19.00-20.00

Aqua
Anna

20.00 -21.00

BOX - FIT
Andre

Friday

17.00 – 18.00

Pilates
Vicki

18.15 – 19.15

Keiser Cycling
Fitness Team

19.30 – 20.15

FAB ABS!
Fitness Team

Saturday

9.00 – 10.00

Saturday Cycle
Fitness Team

11.00 – 12.30

Yoga
Veronica/Leila

Sunday

10.00– 11.00

FIT – BALL
Fitness Team

PLEASE NOTE:

*Casual Climbing costs £5.20 for Members and £6.20 for Non Members (see reverse).

**Line Dancing costs £5 for Members and £6 for Non Members

- Please book all classes – up to 7 days in advance for Members and the day before for Non Members (£8 guest fee).
- Members aged 14+ can attend classes.



TONBRIDGE
SCHOOL

THE MIND
& BODY EXPERIENCE