



KIDS CLASS TIMETABLE

SATURDAY

MONDAY

TSC TRIBE TSC BASE

16.30-17.15: ULTIMATE GYM ZONE
Upper Gym

TSC EXPLORERS

16.30-17.15- JIU JITSU MINIS
5-8 yrs M&B Studio
17.00-17.30-JUNIOR YOGA
H&F Studio

TSC EXP TSC TRIBE TSC BASE

17.30-18.15-JIU JITSU JUNIORS
9-15 yrs M&B Studio

TUESDAY

TSC TOTS

13.30-14-15-TODDLER YOGA
M&B Studio
16.45-5.30-TOTS TENNIS
(£) Tennis Courts

TSC EXPLORERS

16.30-17.30-DEVELOPMENT TENNIS
5-10 YRS (£) Tennis Courts
17.30-18.30-DEVELOPMENT TENNIS
8-10 YRS (£) Tennis Courts

TSC TRIBE TSC BASE

16.30-17.15- ULTIMATE GYM ZONE
Upper Gym

WEDNESDAY

TSC TOTS

12.15-13.00- BALLET & BOOGIE
H&F Studio
13.15-13.45- POST NATAL YOGA
(baby) M&B studio
16.00-16.45- TOTS TENNIS
(£) Tennis Courts

TSC EXPLORERS

16.00-17.00-DEVELOPMENT TENNIS
5-8 YRS (£) Tennis Courts
16.30-17.30- DEVELOPMENT TENNIS
8-10 YRS (£) Tennis Courts
16.30-17.15-KIDS CONDITIONING
M&B Studio
17.30-18.15- DODGEBALL
M&B Studio

TSC TRIBE TSC BASE

17.30-18.00- Family Cardio Core
Spin Studio

THURSDAY

TSC TOTS

13.30-14-15- TODDLER YOGA
M&B Studio

TSC EXPLORERS

16.00-16.45-KIDS CONDITIONING
M&B Studio
16.30-17.30- DEVELOPEMENT TENNIS
7-10 yrs (£) Tennis Courts
17.00-17.45- TEAM GAMES
M&B Studio

FRIDAY

TSC TOTS

13.00-13.30-BALLET & BOOGIE
M&B Studio
13.30-14.00-POST NATAL YOGA
(Baby) M&B Studio

TSC EXP TSC TRIBE TSC BASE

18.00-19.00-JIU JITSU JUNIORS
9-15 yrs M&B studio

TSC TRIBE TSC BASE

16.30-17.15-GYM ZONE
Upper Gym

TSC TOTS

9.00-9.45- TOTS TENNIS
(£) Tennis Courts
10.00-10.45-TOTS TENNIS
(£) Tennis Courts

TSC EXPLORERS

9.15-10.15- Jiu Jitsu Minis
5-8yrs M&B Studio
13.00-14.00- Tennis Factory
M&B Studio

TSC EXP TSC TRIBE TSC BASE

9.00-10.00- Development tennis
(£) Tennis Courts
10.00-11.00- Development tennis
(£) Tennis Courts
10.30-11.30- Jiu Jitsu Juniors
9-15 yrs M&B Studio
11.45-12.45- Jiu Jitsu Higher
M&B studio

SUNDAY

TSC TRIBE TSC BASE

110.45-11.45
FAMILY CLUBBERCISE
H&F Studio

TSC TOTS (4 & UNDER)

It's amazing what you can learn through play with your children. We have developed a wide range of play sessions, perfect for parents and their little movers & shakers!

TSC EXPLORERS AGES 4-11

Members now have access to a wide range of activities from studio fun activities, to yoga & tennis sessions

TSC TRIBE AGES 11-13

Members can now enjoy a wide range of instructor led sessions that make staying active easier and more enjoyable than ever. We're confident that our wide range of activities will become a great hit

TSC BASE AGES 14-15

Members will be able to attend group exercise classes. They will also enjoy the opportunity to work on out in the top floor cardio gym with their parents at the weekend

£-

These activities are not included in the membership and will incur an additional charge