

Tadcaster Leisure Centre

Tadcaster Leisure Centre

Accurate as of 20/04/2019

(20-04-2019 - 26-04-2019)



Day	Time	Session	Facility	Instructor	Level
Sat	09:05 - 09:50	HIIT	Sports Hall	Tracey	***
Sat	09:55 - 10:40	Bodytone	Sports Hall	Tracey	*
Sun	09:30 - 10:25	BODYCOMBAT	Sports Hall	Hannah	***
Sun	10:35 - 11:30	Body Pump	Sports Hall	Hannah	***
Tue	09:20 - 10:20	Parent And Child Pilates	Sports Hall	Tracey	**
Tue	10:30 - 11:15	Body Pump	Sports Hall	Hannah	**
Tue	11:20 - 12:05	Pure Stretch	Sports Hall	Hannah	*
Tue	12:15 - 13:00	Dance Aerobics	Sports Hall	Hannah	**
Tue	13:40 - 14:40	Yoga	Sports Hall	Sigourney	*
Tue	18:15 - 19:00	Circuits	Sports Hall	Maddie	**
Tue	18:30 - 19:15	RPM	Indoor Cycling Studio	Julie	***
Tue	19:05 - 19:50	Zumba (16yrs+)	Sports Hall	Maddie	*
Wed	09:30 - 10:25	Piloxing	Sports Hall	Tracey	**
Wed	10:35 - 11:20	Zumba (16yrs+)	Sports Hall	Debbie	***
Wed	12:15 - 13:00	RPM	Indoor Cycling Studio	Diane	***
Wed	12:15 - 13:00	Barbell Pump	Sports Hall	Debbie	**
Wed	13:30 - 14:25	Pilates	Sports Hall	Diane	*
Wed	18:15 - 19:00	Body Pump	Sports Hall	Katie	***
Wed	18:30 - 19:15	RPM	Indoor Cycling Studio	Andy B	***
Wed	19:05 - 19:50	Body Attack	Sports Hall	Katie	***
Wed	20:00 - 20:30	HIIT	Fitness Gym	Harry	***

Day	Time	Session	Facility	Instructor	Level
Thu	09:30 - 10:25	Dance Aerobics	Sports Hall	Bev	**
Thu	10:35 - 11:30	Pilates	Sports Hall	Tracey	**
Thu	11:45 - 12:30	Parent And Child Pilates	Sports Hall	Tracey	*
Thu	18:00 - 18:55	Bodytone	Sports Hall	Tracey	**
Thu	18:15 - 19:00	RPM	Indoor Cycling Studio	Diane	***
Thu	19:00 - 19:55	Pilates	Sports Hall	Tracey	**
Fri	09:30 - 10:25	Circuits	Sports Hall	Tracey	**
Fri	18:15 - 19:00	RPM	Indoor Cycling Studio	Diane	**