

Tadcaster Leisure Centre

Tadcaster Leisure Centre

Accurate as of 17/10/2017

(17-10-2017 - 23-10-2017)



Day	Time	Session	Facility	Instructor	Level
Tue	09:30 - 10:25	Body Pump	Sports Hall	Hannah	**
Tue	11:00 - 11:55	Pure Stretch	Sports Hall	Hannah	**
Tue	12:15 - 13:00	SH'BAM	Sports Hall	Hannah	**
Tue	15:30 - 17:00	Junior Gym	Fitness Gym	Various	*
Tue	19:00 - 19:55	Aerobics	Sports Hall	Zoe	***
Wed	09:30 - 10:25	Piloxing	Sports Hall	Tracey	***
Wed	10:35 - 11:30	Legs, Bums & Tums	Sports Hall	Debbie	***
Wed	12:10 - 12:55	Circuits	Sports Hall	Ian	**
Wed	13:30 - 14:25	Pilates	Sports Hall	Diane	*
Wed	18:00 - 18:55	Body Pump	Sports Hall	Angela R	***
Wed	18:00 - 18:45	RPM	Indoor Cycling Studio	Andy B	***
Wed	19:00 - 19:45	Indoor Cycling	Indoor Cycling Studio	Julie	***
Wed	19:00 - 19:55	BODYCOMBAT	Sports Hall	Hannah	***
Thu	09:30 - 10:25	Fit Steps Dance	Sports Hall	Bev	**
Thu	10:35 - 11:30	Pilates	Sports Hall	Tracey	**
Thu	12:10 - 12:55	Indoor Cycling	Indoor Cycling Studio	Tracey	***
Thu	16:00 - 17:00	Junior Gym	Fitness Gym	Tracey	
Thu	18:00 - 18:45	RPM	Indoor Cycling Studio	Diane	***
Thu	18:00 - 18:55	Bodytone	Sports Hall	Tracey	**
Thu	19:00 - 19:55	Pilates	Sports Hall	Tracey	**
Fri	09:30 - 10:25	Circuits	Sports Hall	Tracey	***

Day	Time	Session	Facility	Instructor	Level
Fri	10:45 - 11:40	Pilates	Sports Hall	Bev	**
Fri	13:00 - 14:00	Walking Football	Sports Hall	Various	**
Fri	14:00 - 14:45	Indoor Cycling	Indoor Cycling Studio	Diane	***
Fri	18:00 - 18:45	Indoor Cycling	Indoor Cycling Studio	Julie	***
Fri	19:00 - 20:00	Tae Kwon Do	Sports Hall	Jo	**
Sat	09:30 - 10:25	Bodytone	Sports Hall	Tracey	*
Sun	09:30 - 10:25	BODYCOMBAT	Sports Hall	Hannah	***
Sun	10:35 - 11:30	Body Pump	Sports Hall	Hannah	***
Mon	07:15 - 08:00	Indoor Cycling	Indoor Cycling Studio	Andy B	***
Mon	09:30 - 10:25	Piloxing	Sports Hall	Tracey	***
Mon	10:35 - 11:30	Bodytone	Sports Hall	Tracey	**
Mon	12:10 - 12:55	Indoor Cycling	Indoor Cycling Studio	Abi	***
Mon	17:15 - 18:00	Indoor Cycling	Indoor Cycling Studio	Julie	***
Mon	18:00 - 18:55	Pilates	Sports Hall	Tracey	**
Mon	19:00 - 19:55	Circuits	Sports Hall	Abi	***
Mon	20:00 - 20:45	Indoor Cycling	Indoor Cycling Studio	Abi	***
Mon	20:00 - 21:00	Tae Kwon Do	Sports Hall	Jo	**