

Tadcaster Leisure Centre

Tadcaster Leisure Centre

Accurate as of 23/10/2018

(23-10-2018 - 29-10-2018)



Day	Time	Session	Facility	Instructor	Level
Tue	09:30 - 10:15	Parent And Child Pilates	Sports Hall	Tracey	*
Tue	10:05 - 10:20	Fat Loss Express	Fitness Gym	Fitness Team	***
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	13:15 - 14:15	Yoga	Sports Hall	Laura G	*
Tue	18:15 - 19:00	Body Pump	Sports Hall	Kayleigh M	**
Tue	18:30 - 18:45	Fat Loss Express	Fitness Gym	Fitness Team	***
Tue	19:05 - 19:50	Body Attack	Sports Hall	Kayleigh M	**
Tue	19:30 - 20:15	Indoor Cycling	Indoor Cycling Studio	Harry	**
Wed	09:30 - 10:25	Piloxing	Sports Hall	Tracey	**
Wed	10:05 - 10:20	Fat Loss Express	Fitness Gym	Fitness Team	***
Wed	10:35 - 11:20	Zumba (16yrs+)	Sports Hall	Debbie	***
Wed	12:15 - 12:45	HIIT	Sports Hall	Various	**
Wed	13:30 - 14:25	Pilates	Sports Hall	Diane	*
Wed	18:15 - 19:00	Body Attack	Sports Hall	Katie	**
Wed	18:30 - 18:45	Fat Loss Express	Fitness Gym	Fitness Team	***
Wed	18:30 - 19:15	RPM	Indoor Cycling Studio	Andy B	***
Wed	19:05 - 19:50	Body Pump	Sports Hall	Katie	***
Wed	20:00 - 20:30	HIIT	Fitness Gym	Harry	***
Thu	09:30 - 10:25	Dance Aerobics	Sports Hall	Bev	**

Day	Time	Session	Facility	Instructor	Level
Thu	10:05 - 10:20	Fat Loss Express	Fitness Gym	Fitness Team	***
Thu	10:35 - 11:30	Pilates	Sports Hall	Tracey	**
Thu	11:45 - 12:30	Parent And Child Pilates	Sports Hall	Tracey	*
Thu	12:15 - 13:00	Indoor Cycling	Indoor Cycling Studio	Harry	***
Thu	16:00 - 17:00	Family Bootcamp	Sports Hall	Dave L	*
Thu	18:00 - 18:55	Bodytone	Sports Hall	Tracey	**
Thu	18:15 - 19:00	RPM	Indoor Cycling Studio	Diane	***
Thu	18:30 - 18:45	Fat Loss Express	Fitness Gym	Fitness Team	***
Thu	19:00 - 19:55	Pilates	Sports Hall	Tracey	**
Fri	07:05 - 07:35	HIIT	Fitness Gym	Various	***
Fri	09:30 - 10:25	Circuits	Sports Hall	Dave L	**
Fri	10:05 - 10:20	Fat Loss Express	Fitness Gym	Fitness Team	***
Fri	10:45 - 11:40	Pilates	Sports Hall	Bev	**
Fri	11:45 - 12:45	Tai Chi	Sports Hall	Brian B	*
Fri	13:00 - 14:00	Walking Football	Sports Hall	Various	**
Fri	18:15 - 19:00	RPM	Indoor Cycling Studio	Diane	**
Fri	18:30 - 18:45	Fat Loss Express	Fitness Gym	Fitness Team	***
Fri	18:30 - 19:25	Yoga	Sports Hall	Sigourney	**
Fri	19:30 - 20:15	BODYCOMBAT	Sports Hall	Hannah	***
Sat	09:05 - 09:50	Bootcamp	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	***
Mon	07:05 - 07:35	HIIT	Fitness Gym	Various	***
Mon	09:30 - 10:25	Piloxing	Sports Hall	Tracey	***

Day	Time	Session	Facility	Instructor	Level
Mon	10:05 - 10:20	Fat Loss Express	Fitness Gym	Fitness Team	***
Mon	10:35 - 11:30	Bodytone	Sports Hall	Tracey	**
Mon	12:10 - 12:55	Indoor Cycling	Indoor Cycling Studio	Abi	***
Mon	17:10 - 17:55	Indoor Cycling	Indoor Cycling Studio	Tracey	**
Mon	18:00 - 18:55	Pilates	Sports Hall	Tracey	**
Mon	18:30 - 18:45	Fat Loss Express	Fitness Gym	Fitness Team	***
Mon	19:00 - 19:55	Circuits	Sports Hall	Abi	***
Mon	20:00 - 20:45	Indoor Cycling	Indoor Cycling Studio	Abi	***
Mon	20:00 - 20:45	Zumba (16yrs+)	Sports Hall	Debbie	**