

# Tadcaster Leisure Centre

## Tadcaster Leisure Centre

Accurate as of 20/01/2019

(20-01-2019 - 26-01-2019)



| Day | Time          | Session                  | Facility              | Instructor | Level |
|-----|---------------|--------------------------|-----------------------|------------|-------|
| 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     | ***   |
| 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 | 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     | **    |
| Tue | 09:30 - 10:15 | 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 | Body Pump                | Sports Hall           | Kayleigh M | **    |
| Tue | 18:30 - 19:15 | Indoor Cycling           | Indoor Cycling Studio | Harry      | **    |
| Tue | 19:05 - 19:50 | Body Attack              | Sports Hall           | Kayleigh M | **    |
| Wed | 09:30 - 10:25 | Piloxing                 | Sports Hall           | Tracey     | **    |
| Wed | 10:35 - 11:20 | Zumba (16yrs+)           | Sports Hall           | Debbie     | ***   |

| <b>Day</b> | <b>Time</b>   | <b>Session</b>           | <b>Facility</b>       | <b>Instructor</b> | <b>Level</b> |
|------------|---------------|--------------------------|-----------------------|-------------------|--------------|
| Wed        | 12:15 - 12:45 | HIIT                     | Sports Hall           | Dave L            | **           |
| Wed        | 12:15 - 13:00 | RPM                      | Indoor Cycling Studio | Diane             | ***          |
| 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             | ***          |
| 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        | 12:15 - 13:00 | RPM                      | Indoor Cycling Studio | Harry             | ***          |
| 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        | 07:05 - 07:35 | HIIT                     | Fitness Gym           | Various           | ***          |
| Fri        | 09:30 - 10:25 | Circuits                 | Sports Hall           | Dave L            | **           |
| 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 - 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        | 09:30 - 10:15 | RPM                      | Indoor Cycling Studio | Diane             | ***          |
| Sat        | 09:55 - 10:40 | Bodytone                 | Sports Hall           | Tracey            | *            |

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|------------|---------------|----------------|-----------------------|-------------------|--------------|
| Sat        | 12:15 - 13:00 | RPM            | Indoor Cycling Studio | Andy B            | ***          |