

Tadcaster Leisure Centre

Tadcaster Leisure Centre

Accurate as of 17/08/2017

(17-08-2017 - 23-08-2017)



| Day | Time | Session | Facility | Instructor | Level |
|-----|---------------|------------------|-----------------------|------------|-------|
| Thu | 10:35 - 11:30 | Pilates | Sports Hall | Tracey | ** |
| Thu | 16:00 - 17:00 | Junior Gym | Fitness Gym | Tracey | |
| Thu | 18:00 - 18:55 | Bodytone | Sports Hall | Tracey | ** |
| Thu | 18:00 - 18:45 | RPM | Indoor Cycling Studio | Diane | *** |
| Thu | 19:00 - 19:55 | Pilates | Sports Hall | Tracey | ** |
| Fri | 09:30 - 10:25 | Circuits | Sports Hall | Tracey | *** |
| 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 | *** |
| 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 | *** |

| 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 | * |
| Wed | 09:30 - 10:25 | Piloxing | Sports Hall | Tracey | *** |
| 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 | *** |