

Tadcaster Leisure Centre

Tadcaster Leisure Centre

Accurate as of 22/03/2018

(22-03-2018 - 28-03-2018)



Day	Time	Session	Facility	Instructor	Level
Thu	09:30 - 10:25	Fit Steps Dance	Sports Hall	Bev	**
Thu	10:35 - 11:30	Pilates (Cancelled)	Sports Hall	Tracey	**
Thu	12:10 - 12:55	Indoor Cycling	Indoor Cycling Studio	Harry	***
Thu	18:00 - 18:55	Bootcamp	Sports Hall	Dave L	**
Thu	18:00 - 18:45	RPM	Indoor Cycling Studio	Diane	***
Thu	19:00 - 19:55	Pilates	Sports Hall	Diane	**
Fri	07:15 - 07:45	HIIT	Fitness Gym	Various	***
Fri	09:30 - 10:25	Circuits	Sports Hall	Harry	***
Fri	10:45 - 11:40	Pilates	Sports Hall	Bev	**
Fri	12:15 - 13:00	Aerobics	Sports Hall	Zoe	***
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	09:00 - 09:30	HIIT	Sports Hall	Tracey	***
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	Harry	***

Day	Time	Session	Facility	Instructor	Level
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	Zoe	***
Mon	20:00 - 20:45	Indoor Cycling	Indoor Cycling Studio	Diane	***
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	Dance Aerobics	Sports Hall	Hannah	**
Tue	19:00 - 19:55	Aerobics	Sports Hall	Zoe	***
Wed	09:30 - 10:30	Piloxing	Sports Hall	Tracey	**
Wed	10:35 - 11:30	Legs, Bums & Tums	Sports Hall	Debbie	***
Wed	12:15 - 12:45	Circuits	Fitness Gym	Various	**
Wed	13:30 - 14:25	Pilates	Sports Hall	Diane	*
Wed	18:00 - 18:55	Body Pump	Sports Hall	Katie	***
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	Body Blast	Sports Hall	Katie	***
Wed	20:00 - 20:30	Circuits	Fitness Gym	Harry	***