

Tadcaster Leisure Centre

Tadcaster Leisure Centre

Accurate as of 20/07/2018

(20-07-2018 - 26-07-2018)



Day	Time	Session	Facility	Instructor	Level
Fri	07:05 - 07:35	HIIT	Fitness Gym	Various	***
Fri	09:30 - 10:25	Circuits	Sports Hall	Tracey	***
Fri	10:45 - 11:40	Pilates	Sports Hall	Bev	**
Fri	11:45 - 12:40	Tai Chi	Sports Hall	Brian B	*
Fri	13:00 - 14:00	Walking Football	Sports Hall	Various	**
Fri	18:00 - 18:45	Indoor Cycling	Indoor Cycling Studio	Julie	***
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	***
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	14:15 - 15:45	Family Bootcamp	Sports Hall	Kelly T	*
Mon	17:15 - 18:00	Indoor Cycling	Indoor Cycling Studio	Julie	***
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	***

Day	Time	Session	Facility	Instructor	Level
Mon	20:00 - 20:45	Zumba (16yrs+)	Sports Hall	Debbie	**
Tue	09:30 - 10:25	Body Pump	Sports Hall	Hannah	**
Tue	10:05 - 10:20	Fat Loss Express	Fitness Gym	Fitness Team	***
Tue	11:00 - 11:55	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	18:10 - 18:55	Indoor Cycling	Indoor Cycling Studio	Julie	**
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	**
Wed	09:30 - 10:30	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	11:45 - 13:15	Family Bootcamp	Sports Hall	Kelly T	*
Wed	12:15 - 12:45	HIIT	Sports Hall	Various	**
Wed	13:30 - 14:25	Pilates	Sports Hall	Diane	*
Wed	18:00 - 18:55	Body Pump	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	19:00 - 19:55	Bootcamp	Sports Hall	Katie	***
Wed	20:00 - 20:30	HIIT	Fitness Gym	Harry	***
Thu	09:30 - 10:25	Dance Aerobics	Sports Hall	Bev	**
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 Baby Yoga	Sports Hall	Laura G	*

Day	Time	Session	Facility	Instructor	Level
Thu	12:10 - 12:55	Indoor Cycling	Indoor Cycling Studio	Tracey	***
Thu	12:45 - 13:45	Family Bootcamp	Sports Hall	Kelly T	*
Thu	18:00 - 18:45	RPM	Indoor Cycling Studio	Diane	***
Thu	18:00 - 18:55	Bodytone	Sports Hall	Tracey	**
Thu	18:30 - 18:45	Fat Loss Express	Fitness Gym	Fitness Team	***
Thu	19:00 - 19:55	Pilates	Sports Hall	Tracey	**