



	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am				Morning Moves (Hazel) 7.30am-8.15pm	
12.10pm	Group Cycling (Vik) 12.10pm-12.50pm	Core stability using fit balls (Vik) 12.10pm-12.50pm	Pilates (Hazel) 12.10pm-12.50pm	Zumba (Jo) 12.10pm-12.50pm	Clubbercise Dance Class (Natasha) 12.10pm-12.50pm <i>Sports Hall</i>
1.10pm	Yoga (Simon) 1.10pm-1.50pm	Calisthenics Stength Session (Arun) 1.10pm-41.50pm Ground Floor Weights Area	Circuits (Vik) 1.10pm-1.50pm	Yoga (Hatha) (Simon) 1.10pm-1.50pm	
4.00pm				Calisthenics Stength Session (Arun) 4pm-4.50pm Ground Floor Weights Area	
5.10pm	HIIT – High Intensity Interval Training Class (Ismail) 5.10pm-5.55pm	Clubbercise Dance Class (Natasha) 5.10pm-5.50pm	Group Cycling (Christine) 5.10-5.55pm	Pilates (Hazel) 5.10pm-5.55pm	Core Conditining (Ismail) 5.10pm-5.55pm
6.10pm		Yoga (Christine) 6.00pm-6.55pm			

- Please note – there are a limited number of places available on classes.
- You must book for all classes, by logging on to <https://sports.tees.ac.uk/bookings> (valid gym members only), from 09.00, 6 days in advance
- Please arrive on time for your class. If you are more than 5 minutes late you may be refused entry to your class.
- This timetable is subject to change, as classes are reviewed on a monthly basis
- Classes not showing on the booking system are cancelled due to instructor or facility unavailability.

