

Exercise Class & Activity Programme: 25 April - 31 July 2022

Monday			Teacher	Venue	A Card	Bookable
09:05 -10:05	●	Body Conditioning	Imelda	TBSG Hall	£10	Yes
10:15 - 11:15	●	Core Intervals	Imelda	TBSG Hall	£10	Yes
17:30 - 18:30	🛑	DC Staff Zumba ¹	Zaira	Club Room	N/A	No
18:00 - 21:00	■	Squash Club Night	Gary S	TBSG	N/A	Yes
19:00 - 19:45	●	Bodyblast Conditioning	Nathaniel	Club Room	£10	Yes
19:30 - 22:00	■	Badminton Club Night 1	Gary D	Sports Hall	N/A	Yes
Tuesday						
09:05 - 09:55	🛑	Zumba	Zaira	TBSG Hall	£10	Yes
10:15 - 11:15	▲	Pilates General (All levels)	Zaira	TBSG Hall	£10	Yes
18:00 - 18:45	●	Barre	Paula	Ex Studio	£10	Yes
19:00 - 19:45	▲	Pilates (All welcome)	Paula	Club Room	£10	Yes
Wednesday						
09:05 -10:05	●	Bodyblast Conditioning	Nathaniel	TBSG Hall	£10	Yes
10:15 - 11:15	🛑	Zumba	Zaira	TBSG Hall	£10	Yes
13:20 - 14:00	▲	DC Staff Only Pilates ¹	Zaira	Club Room	N/A	No
18:20 - 19:20	▲	Pilates General (All levels)	Zaira	TBSG Hall	£10	Yes
19:15 - 20:00	🌊	Aqua Aerobics	Keziah	Pool	£8	Yes
19:30 - 20:45	▲	Yoga (Mixed)	Mark	TBSG Hall	£12	Yes
19:30 - 22:00	■	Badminton Club Night 2	Rob	Sports Hall	N/A	Yes

Thursday						
09:05 - 10:05	●	Legs, Bums and Tums	Paula	TBSG Hall	£10	Yes
10:15 - 11:15	◆	Zumba Gold	Zaira	TBSG Hall	£10	Yes
18:15 - 19:00	▲	Stretch It	Paula	Club Room	£10	Yes
19:15 - 20:00	●	Boxing	Kwame	Club Room	£10	Yes
Friday						
09:00 - 09:55	▲	Pilates (Beginner)	Zaira	TBSG Hall	£10	Yes
10:15 - 11:15	▲	Pilates (Intermediate)	Zaira	TBSG Hall	£10	Yes
20:00 to 22:00	■	Table Tennis Club Night	Duty Manager	Club Room	N/A	Yes
Saturday						
09:00 - 09:55	◆	Zumba	Kate	Ex Studio	£10	Yes
11:30 - 12:30	▲	MyKindaYoga	Alison B	Club Room	£10	Yes
14:00 - 15:00	●	Boxing	Kwame	Club Room	£10	Yes
Sunday						
09:00 - 09:55	◆	The Cardio DanceFit Method®	Paulette	Ex Studio	£10	Yes
09:00 - 11:30	■	No Strings Badminton	Kris	Sports Hall	£5	Yes
10:10 - 11:00	◆	Salsa Aerobics	Orlene	Ex Studio	£10	Yes
11:10 - 12:00	●	Body Conditioning	Orlene	Ex Studio	£10	Yes

 Wellbeing
  Train
  Sports
  Dance
  Pool

NOTES:

¹ "DC Staff Only" classes run during College term time only.

Classes must be booked in advance online or by telephone.

Non-members must register for an A Card to book.

There are no classes during August and a 2 week break at Easter and Christmas.

For the latest programme details, please see the website timetable.