

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

Monday						
Time	Icon	Class Name	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 <sup>1</sup>	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 <sup>1</sup>	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

NEW CLASS

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▲ Wellbeing   ● Train   ■ Sports   ◆ Dance   ~ Pool

### NOTES:

<sup>1</sup> "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.