

# EXERCISE TIMETABLE

DAY	TIME	CLASS	INSTRUCTOR	DESCRIPTION
MON	6:15pm – 7:00pm	Circuits	Amie	A variety of exercises to challenge all major muscles in circuit format.
	7:00pm – 7:15pm	Flexibility	Amie	Improve your flexibility with a program of stretches.
	7:30pm – 8:15pm	Pump & Tone (B)	Amie	A structured weight class using a mixture of equipment, great for a total body workout.
TUE	5:55pm – 6:25pm	Meta Fit	Emily	High intensity body weight workout.
	6:30pm – 7:30pm	Zumba	Charlene	Zumba is a fusion on Latin and International music – dance themes that create a dynamic, exiting, effective fitness class!
	6:30pm – 7:15pm	Shape & Tone (B)	Helen	Strengthen and tone your body in this 45-minute energising class, using a mix of equipment and body weight-based exercises.
	7:30pm – 8:15pm	Pump (B)	Olga	A structured barbell class for a great total body workout.
	7:30pm – 8:30pm	Freestyle Fitness Yoga (B)	Helen	Flowing Yoga moves to improve strength and flexibility.
WED	6:15pm – 7:00pm	Weighty Wednesday Circuits	Amie	A variety of exercises to challenge all major muscles.
	6:30pm – 7:30pm	Pilates Intermediate (B)	Kay	Pilates exercises aim to tone muscles, promote flexibility & improve posture, with a particular emphasis on strengthening the core.
	7:30pm – 8:30pm	Pilates Beginners (B)	Kay	Pilates exercises aim to tone muscles, promote flexibility & improve posture, with a particular emphasis on strengthening the core.
THU	6:00pm – 6:30pm	STRONG Nation	Tunde	Strong packs a total body workout into 30 minutes. Strong combines body weight, muscle conditioning, cardio & plyometric training moves to original music.
	6:15pm – 7:15pm	Body Sculpt (B)	Helen	A total body workout using cardio & resistance exercises to reduce body fat and increase muscle definition
	6:30pm – 7:30pm	Zumba	Tunde	Zumba is a fusion on Latin and International music – dance themes that create a dynamic, exiting, effective fitness class!
	7:30pm – 8:15pm	HIIT	Amie	High Intensity Interval Training with a mixture of cardio and toning exercises. Having fun whilst working out! Exercise in disguise!
	7:30pm – 8:30pm	Freestyle Fitness Yoga (B)	Helen	Flowing Yoga moves to improve strength and flexibility.
FRI	6:00pm – 7:00pm	Body Blitz (B)	Rhys	A blend of HIIT training and weights to get a full body workout.
	7:30pm – 8:30pm	Traditional Yoga (B)	Gozel	Class practises traditional yoga poses for deep stretches and flows for developing strong physical stamina.
SAT	9:00am – 9:45am	Boot Camp	Holly	Dynamic workout will combine strength training, cardio intervals and functional movements to help achieve your fitness goals.
	9:00am – 10:00am	Pilates (B)	Gozel	Low impact class. It will focus on improving balance, core strength and flexibility

## Class Prices (Non-Members Only):

60 Minutes: £6.00      45 Minutes: £5.50      30 Minutes: £4.50      15 Minutes: £3.00

## Booking Classes:

Classes marked (B) require advance booking. Classes can be booked at reception, over the phone (01276 670316) or emailed to [sportscentre@tomlinscoteschool.com](mailto:sportscentre@tomlinscoteschool.com). Classes without (B) can also now be booked at reception. Doing so will guarantee you a space in the class. We **STRONGLY RECOMMEND** you book all sessions you wish to attend.

TOMLINSOTE SPORTS CENTRE,  
TOMLINSOTE WAY, FRIMLEY, GU16 8PY  
01276 670316

[SPORTSCENTRE@TOMLINSCOTESCHOOL.COM](mailto:SPORTSCENTRE@TOMLINSCOTESCHOOL.COM)    [WWW.TOMLINSCOTESPORTSCENTRE.COM](http://WWW.TOMLINSCOTESPORTSCENTRE.COM)