

Timetable of classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
09:00:00									
09:30:00									
10:00:00	Strong by Zumba 10am	Boxersice Zoe 10am	Baby dance with Kayleigh 9:30	Pilates with Audrajean 10:00am	Zumba with Vikki 10am	Kids TKD 10am	Yoga with Maria 10am		
10:30:00									
11:00:00						Family TKD 11am	Boxersice with Yvonne 11.15am		
11:30:00									
12:00:00									
12:30:00									
13:00:00		Yoga with Maria 1pm		Baby massage 1:00pm	Yoga with Heidi 1pm	Private classes and TKD gradings	Family TKD 1pm		
13:30:00									
14:00:00									Family TKD 2pm
14:30:00									
15:00:00								Blackbelt class 3pm	
15:30:00									
16:00:00					Private classes TKD				
16:30:00									
17:00:00									
17:30:00		Warriors TKD 5.30		Warriors TKD 5.30					
18:00:00	Warriors TKD 6pm	Juniors TKD 6-6.45	Warriors TKD 6pm	Juniors TKD 6-6.45	Family Vibe fitness 6:00pm				
18:30:00	Juniors TKD 6.30pm	Juniors TKD 6.45-7.30	Juniors TKD 6.30pm	Juniors TKD 6.45-7.30					
19:00:00					Sparring class 7:15pm				
19:30:00									
20:00:00	Adults TKD 7.30- 8.45pm	Adults TKD 7.30- 8.45pm	Adult TKD 7.30- 8.45pm	Adult TKD 7.30- 8.45pm					
20:30:00									
21:00:00									

To Book a class log onto www.tstuk.co.uk