

KIDS TIMETABLE

MONDAY

TSC TRIBE TSC BASE

16.30-17.15 - ULTIMATE GYM ZONE
(11-15yrs) Base

TSC EXPLORERS

16.30-17.15 - JIU JITSU MINIS
(4-8 yrs) Base

17.00-17.45 - JUNIOR YOGA
(5-10 yrs) Mind & Body

EXP TRIBE BASE

17.30-18.30 - JIU JITSU
(9-15 yrs) Base

TUESDAY

TSC TOTS

13.30-14.15 - TODDLER YOGA
(2-4yrs) Mind & Body

TSC EXPLORERS

16.30-17.30 - TENNIS DEVELOPMENT
£ Tennis Courts

16.45-17.30 - FUNKY DANCE
(5-10 yrs) Mind & Body

TSC TRIBE TSC BASE

16.30-17.15 - GYM ZONE
(11-15 yrs) Base

17.30-18.30 - TENNIS DEVELOPMENT
£ Tennis Courts

WEDNESDAY

TSC TOTS

13.00-13.45 - TOT'S TENNIS
£ (2-4yrs) Tennis Courts

16.00-16.45 - TOT'S TENNIS
£ (2-4yrs) Tennis Courts

TSC TRIBE TSC BASE

16.30-17.15 - GYM ZONE
(11-15 yrs) Base

17.30-18.00 - CARDIO CORE
(11-15 yrs) Tennis Courts

TSC EXPLORERS

17.30-18.15 - JUNIOR YOGA
(5-10 yrs) Mind & Body

16.00-17.00 - TENNIS DEVELOPMENT
£ Tennis Courts

THURSDAY

TSC TOTS

13.30-14.15 - TODDLER YOGA
(2-4yrs) Mind & Body

TSC TRIBE TSC BASE

16.30-17.15 - ULTIMATE GYM ZONE
(11-15yrs) Base

TSC EXPLORERS

16.00-16.45 - KIDS CONDITIONING
(5-10 yrs) Family Studio

17.00-17.45 - BOLLYWOOD DANCE
(5-10 yrs) Mind & Body

FRIDAY

TSC TRIBE TSC BASE

16.30-17.15 - GYM ZONE
(11-15yrs) Base

18.15-19.15 - FAMILY CLUBBERCISE
(11+yrs) Mind & Body

SATURDAY

TSC TOTS

09.00-09.45 - TOT'S TENNIS
£ (2-4yrs) Tennis Court

TSC EXPLORERS

09.15-10.15 - JIU JITSU MINIS
(4-8 yrs) Base

TSC TOTS

09.45-10.30 - TOT'S TENNIS
£ (2-4yrs) Tennis Court

EXP TRIBE BASE

10.30-11.30 - JIU JITSU JUNIORS
(9-15 yrs) Base

11.45-12.45 - JIU JITSU HIGHER GRADE
Base

TSC EXPLORERS

13.00-14.00 - TENNIS FACTORY
(5-10 yrs) Mind & Body

EXP TRIBE BASE

10.00 - 11.00 - TENNIS DEVELOPMENT
£ (11-15 yrs) Tennis Courts

10.00 - 11.00 - TENNIS DEVELOPMENT
£ (5-10 yrs) Tennis Courts

SUNDAY

TSC TRIBE TSC BASE

10.30-11.30 - FAMILY CLUBBERCISE
(11-15 yrs) Health & Fitness

Funky Dance
Fun and funky dance class using current pop/dance songs.
Tues 16.45 - 17.30

FOR MORE INFORMATION OR TO BOOK YOUR CLASS
CALL 01743 467755
VIEW TIMETABLE ONLINE theshrewsburyclub.co.uk

£ - These activities are not included in the membership and will incur an additional charge

TSC TOTS

FOR AGES 4 & UNDER

It's amazing what you can learn through active play with your children. We have developed a wide range of play sessions, perfect for parents and their little movers & shakers!

TSC EXPLORERS

FOR AGES 5 - 10

Members now have access to a wide range of activities - from Studio fun activities, to gymnastics and tennis sessions.

TSC TRIBE

FOR AGES 11 - 13

Members can now enjoy a wide range of instructor led sessions that make staying active easier and more enjoyable than ever. We're confident that our wide range of activities will become a great hit.

TSC BASE

FOR AGES 14 - 15

Members will be able to attend group exercise classes including Self Defence & Jiu Jitsu. They will also enjoy the opportunity to workout in the ground floor cardio gym with their parents at the weekend.

2 NEW CLASSES! Bollywood Dance & Funky Dance

Bollywood Dance
Dancing to Bollywood music, a fun class for 5-10 year olds
Thurs 17.00-17.45