



KIDS TIMETABLE

MONDAY

TSC TRIBE TSC BASE

16.30-17.15 – ULTIMATE GYM ZONE
(11-15 YRS) Upper Gym

TSC EXPLORERS

16.30-17.15 – JIU JITSU MINIS
(5-8 YRS) Mind & Body

17.00-17.30 – JUNIOR YOGA
(5-10 YRS) H&F Studio

EXP TRIB BASE

17.30-18.15 – JIU JITSU
(9-15 YRS) Mind & Body

£ - 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!

TUESDAY

TSC TOTS

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

16.30-17.15 – TOTS TENNIS
£ (2-4 YRS) Tennis Courts

TSC EXPLORERS

16.30-17.30 – DEVELOPMENT TENNIS
£ (5-8 YRS) Tennis Courts

17.30-18.15 – DODGEBALL
(5-8YRS) Outdoor Courts

TSC TRIBE TSC BASE

16.30-17.15 – GYM ZONE
(11-15 YRS) Upper Gym

TSC EXPLORERS

FOR AGES 5 - 10

Members now have access to a wide range of activities from Studio fun activities, to yoga & tennis sessions.

WEDNESDAY

TSC TOTS

13.00-13.30 – SPORTS TOTS
(2-4 YRS) H&F Studio

11.45-12.30 – BALLET & BOOGIE
(2-4 YRS) H&F Studio

13.15-13.45 – POST NATAL YOGA
(BABY) Mind & Body

16.00-16.45 – TOTS TENNIS
£ (2-4 YRS) Tennis Courts

TSC TRIBE TSC BASE

17.30-18.00 – FAMILY CARDIO CORE
(11-15 YRS) Spin Studio

TSC EXPLORERS

16.00-17.00 – DEVELOPMENT TENNIS
£ (5-8 YRS) Tennis Courts

16.30-17.15 – KIDS CONDITIONING
(5-10 YRS) Mind & Body Studio

17.30-18.15 – JUNIOR YOGA
(5-10 YRS) Mind & Body Studio

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.

THURSDAY

TSC TOTS

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

TSC EXPLORERS

16.00-16.45 – KIDS CONDITIONING
(5-10 YRS) Mind & Body Studio

17.00-17.45 – TEAM GAMES
(5-10 YRS) Mind & Body Studio

VIEW TIMETABLE ONLINE:
theshrewsburyclub.co.uk

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 work out in the top floor cardio gym with their parents at the weekend.

FRIDAY

TSC TOTS

13.00-13.30 – BALLET & BOOGIE
(2-4 YRS) Mind & Body

13.30-14.00 – POST NATAL YOGA
(BABY) Mind & Body

TSC TRIBE TSC BASE

16.30-17.15 – GYM ZONE
(11-15 YRS) Upper Gym

TSC TRIBE

TSC BASE

FOR MORE INFORMATION OR
TO BOOK YOUR CLASS CALL

01743 467755

SATURDAY

TSC TOTS

9.00-9.45 – TOTS TENNIS
£ (2-4 YRS) Tennis Courts
10.00-10.45 – TOTS TENNIS
£ (2-4 YRS) Tennis Courts

TSC EXPLORERS

9.15-10.15 – JIU JITSU MINIS
(5-8 YRS) Mind & Body

1.00-2.00 – TENNIS FACTORY
(5-8 YRS) Mind & Body

EXP TRIB BASE

9.00-10.00 – DEVELOPMENT TENNIS
£ (5-8 YRS) Tennis Courts

10.00-11.00 – DEVELOPMENT TENNIS
£ (5-8 YRS) Tennis Courts

10.30-11.30 – JIU JITSU JUNIORS
(9-15 YRS) Mind & Body

11.45-12.45 – JIU JITSU HIGHER
Mind & Body

TSC BASE

11.00-12.30 – DEVELOPMENT TENNIS
£ (11-15YRS) Tennis Courts

SUNDAY

10.45-11.45 – FAMILY CLUBBERCISE
(11+) Health & Fitness