

Class SCHEDULE

All classes are bookable on the app as normal ,All the payable classes please contact the instructors directly and pay the instructors directly. Trugym do not profit from these initiatives. Please contact Reception via email with any queries.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:15-08:00 PI YO Yuko	NEW CLASS COMING SOON	07:15-08:00 YOGA Markus	06:30-07:00 SPIN Roisin	08:00-08:30 POWER YOGA Anna	08:00-09:00 KARATE JUNIORS Contact Kevan £	10:00 - 10:30 MEDITATION Contact Markus £
09:15-09:45 AQUA ZUMBA Coral	09:30-10:15 SPIN Nicola	09:30-10:00 LBT Sally	09:45-10:15 AQUA ZUMBA Coral	09:30-10:15 AQUA Contact Freddie £	09:00-10:00 KARATE ADULTS Contact Kevan £	09:00 - 09:45 SPIN Coral
09:45-10:30 YOGA Paul	09:30-10:15 PI-YO Yuko	09:30-10:15 AQUA Contact Freddie £	09:30-09:45 CORE YOGA Anna	09:00-09:45 PILATES Yuko	9:30-10:30 TRU TOUR SPIN Mel	10:00 - 10:30 NETBALL 4-7yrs Amber
10:30-11:15 TRU PUMP Sam	10:30-11:15 MOVE & TONE Sam	10:00-10:45 HOT YOGA Claire	09:30 - 10:15 BARBELL BLITZ Sally	10:15-11:00 SPIN Nicola	10:10-10:55 YOGA Markus	10:30-11:15 YOGA Markus
11:00-11:30 AQUA Trina	12:30-13:15 YOGA Anna	10:30-11:00 AQUA 30 Freddie	10:45-11:15 Move & Groove(Seniors) Coral	10:30-11:15 DANCE FIT Coral	10:30 - 11:15 ZUMBA Coral	
11:30-12:15 PILATES Sam	14:00-14:45 HYBRID Hayley	10:30-11:15 TRU PUMP Sam	11:00-11:30 AQUA 30 Trina	10:30-11:00 AQUA 30 Freddie	11:15-12:00 TRU BALANCE Francoise	
17:30-18:15 TRU BALANCE Nicola	17:45-18:15 TABATA BLAST Sally	17:30-18:15 TRU BALANCE Nicola	11:30-12:15 XTEND BARRE Francoise	18:15-18:45 CIRCUIT 30 Angelo	15:00 - 15:30 TENNIS 4-7yrs Tom	
17:45-18:15 ZUMBA 30 Coral	18:30-19:15 BOXFIT Sally	18:30-19:15 HEALING BOWLS Dipak	18:00 - 18:45 RUNNING CLUB Abi	19:00-19:45 THEMED SPIN SPECIAL watch out for dates		
18:25-18:55 SPIN 30 Nicola	19:30-20:30 HIP HOP STEP Contact Angelo £	18:30-19:15 BARBELL BLITZ Sally	18:30-19:15 LBT Sally			
18:30-19:15 HYBRID Hayley	20:00-20:30 SPIN 30 Jay	18:45-19:30 SPIN Nicola	18:30-19:15 YOGA Michelle			
19:00-19:45 PILATES Yuko		19:30-20:15 AQUA DANCEFIT Coral	19:30-20:30 HIP HOP STEP Angelo			
		20:15-21:00 HOT YOGA Sophia				

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THORPE BAY