

**LSTC**  
**Class timetable**  
**Valid until January 2010**

<b><u>Monday</u></b>	<b><u>Class</u></b>	
<b><u>Instructor</u></b>		
09:30 – 10:30	Tap Dancing*	
18:00 – 18:30	Indoor Cycling (Intro)	Craig
18:45 – 19:30	Indoor Cycling (Hill)	Craig
<b><u>Tuesday</u></b>		
18:00 – 19:00	Pilates	Amanda
<b><u>Wednesday</u></b>		
16:30 – 17:30	Tap Dancing*	
19:00 – 20:30	Hatha Yoga	
Becky		
<b><u>Thursday</u></b>		
09:30 – 10:00	Indoor Cycling (Ladies only, Intro)	Craig
18:00 – 18:45	Indoor Cycling (Beginners)	
Craig		
<b><u>Friday</u></b>		
18:00 – 19:00	Karate <sup>#</sup>	
19:30 – 21:00	Karate <sup>#</sup>	
<b><u>Saturday</u></b>		
10:00 – 11:00	Indoor Cycling (Endurance/Intermediate)	Craig

\* Tap Dancing is £4.50 per class payable to the instructor. Open to Members and Non-members

Hatha Yoga is £8.00, Payable to Becky

# Karate is payable to the instructor – email [mleach@gkrkarate.com](mailto:mleach@gkrkarate.com) for more details.

Indoor Cycling/Coretastic/Abs Blast: Prices depend on **duration**.

**Free to all Fitness members.**

**LTSC non-gym member:** 30 min = £1.50, 45 min = £2, 60 min = £3  
**Guest:** 30 min = £3, 45 min = £4, 60 min = £5