

# Tryst Community Sports Club

Inspiring a community to be active today for a healthier tomorrow.

## **ADULT PROGRAMME**

Day	Class	Time	Cost	Location
Monday	Jogging	7-8pm	£2 member £3 non-member	Carrongrange Games Hall
Tuesday	Metafit	6-6.30pm	£3 all	Dance Studio
	Indoor Cycling	7-8pm	£3 member £4 non-member	Cycling Suite
	Indoor Cycling	8-9pm	£3 member £4 non-member	Cycling Suite
Wednesday	Kickbox Cardio	7-8pm	£3 member £4 non-member	Larbert High Games Hall
Thursday	Kettlebells	6-7pm	£4 member £5 non-member	Gym 1
	Indoor Cycling	7-8pm	£3 member £4 non-member	Cycling Suite
Friday	Metafit	6-6.30pm	£3 all	Dance Studio
	Vibe Cycle	7-7.30pm	£4 all	Cycling Suite
	Insanity	8-8.30pm	£3 all	Larbert High Games Hall
Saturday	Indoor Cycling	9.30-10.15am	£3 member £4 non-member	Cycling Suite

**For more information on any of our classes within our adult programme, or in regards to any other areas of the Tryst Community Sports Club, contact us through the details below.**