

winter classes at tfd

monday			tuesday			wednesday		
07.00-07.15	ab workout	Dave	09.30-10.30	body conditioning	Elaine	07.00-07.30	fitball & abs	Dave
09.30-10.30	aerobics	Elaine	10.00-10.30	30 min spin	Matt	09.30-10.00	total body kinesis	Dave
10.00-10.30	total body kinesis	Dave	10.30-11.00	total body kinesis	Matt	10.00-10.30	calorie burn spin	Dave
10.30-11.00	calorie burn spin	Dave	10.30-11.30	pilates	Christine	10.30-11.00	total body kinesis	Dave
10.30-11.15	cardio combat	Claire	17.30-18.15	legs, bums & tums	Christine	14.30-15.15	zumba gold 60+	Steffi
11.00-11.30	total body kinesis	Dave	18.00-18.30	beginners spin	Dave	17.30-18.15	cardio blast	Christine
17.30-18.15	zumba	Steffi	18.15-19.15	dynamic pump	Claire	18.00-18.30	fit & tone kinesis	Jamie
17.45-18.15	30 min spin	Matt	18.30-19.00	fit & tone kinesis	Dave	18.00	running club	Lisa/Chris
18.15-18.45	fit & tone kinesis	Matt	18.45-19.45	calorie burn spin	Jason	18.15-19.15	power conditioning	Christine
18.15-19.00	legs, bums & tums	Christine	19.15-20.15	dynamic step	Claire	18.15-19.00	45 min spin	Claire
18.15-19.00	45 min spin	John	20.15-21.00	zumba	Steffi	19.00-20.00	60 min spin	Claire
19.00-20.00	cardio combat	Claire				19.15-20.00	zumba	Steffi
20.00-21.00	pilates	Christine						
thursday			friday			 <p>members book 7 days or less in advance, all classes are free</p> <p>non-members book 2 days or less in advance, class fee £6</p> <ul style="list-style-type: none"> • call to cancel 2 hours before the class if you are unable to attend to avoid charges • £6 missed class fee payable by those booked in but not attending class • arrive at least 5 mins prior to class start time • if you arrive after the class has started your place may be given to someone else • classes may be cancelled at the clubs discretion if less than 2 people are attending 		
09.30-10.15	cardio combat	Claire	06.45-07.30	circuits	Claire			
10.15-11.00	zumba	Steffi	09.30-10.15	dynamic step	Claire			
11.00-12.00	pilates	Christine	10.20-11.20	dynamic pump	Claire			
17.30-18.15	dynamic vive	Christine	17.30-18.15	pilates	Christine			
18.15-19.15	cardio combat	Claire						
18.15-19.00	45 min spin	Christine						
19.15-20.00	legs, bums & tums	Christine						
19.15-19.45	fit & tone kinesis	Dave						
19.45-20.15	beginners spin	Dave						
saturday			sunday					
08.30-09.20	cardio combat	Claire	10.00-10.45	zumba	Steffi			
09.30-10.15	calorie burn spin	Matt	10.45-11.00	ab blast	Steffi			
			11.00-11.30	total body kinesis	Steffi			

book your classes by calling 01235 772995