

tfd health & fitness summer class schedule 2017

Monday				Tuesday				Wednesday			
Time	Class	Studio	Instructor	Time	Class	Studio	Instructor	Time	Class	Studio	Instructor
06.30-07.15	45min spin	Spin	Hannah	06.30-07.15	core conditioning	Mustang	Blake	09.00-09.30	bosu	Mustang	Sean
09.00-09.30	fitball & abs	Mustang	Alex	09.30-10.30	body conditioning	Mustang	Elaine	09.30-10.00	30 min spin	Spin	Sean
09.30-10.00	30 min spin	Spin	Steffi	09.30-10.00	30 min spin	Spin	Blake	09.30-10.30	pilates	Mustang	Claire G
09.30-10.15	cardio combat	Mustang	Claire S	10.00-10.30	kettlebells	Venom	Alex	10.00-10.30	kinesis tone	Spitfire	Sean
10.00-10.15	weigh in	Gym	Steffi	10.00-10.30	kinesis tone	Spitfire	Blake	10.30-11.00	kinesis tone	Spitfire	Claire G
10.00-10.30	kinesis tone	Spitfire	Alex	10.00-11.00	buggy bootcamp	n/a	Jillian	12.30-13.00	30 min spin	Spin	Steffi
10.15-11.00	dynamic pump	Venom	Steffi	10.30-11.30	yogalates	Mustang	Elaine	17.45-18.30	cardio combat	Mustang	Claire S
12.30-13.15	bootcamp	Venom	Blake	17.30-18.00	kettlebells	Venom	Alex	18.00-18.30	30 min spin	Spin	Steffi
16.15-17.00	hip hop cardio (teens)	Mustang	Jillian	17.45-18.15	beg/interm. spin	Spin	Jillian	18.00-18.30	kettlebells	Venom	Alex
17.45-18.30	dynamic pump	Venom	Steffi	18.05-19.00	dynamic pump	Venom	Claire S	18.30-19.00	kinesis core	Spitfire	Alex
18.00-18.30	30 min spin	Spin	Sean	18.15-19.15	running club	n/a	Paul/Chris	18.30-19.15	zumba	Mustang	Steffi
18.00-18.45	boxing bootcamp	Mustang	Claire S	18.15-18.45	30 min spin	Spin	Steffi	18.30-19.15	insanity	Venom	Claire G
18.30-19.00	HIIT kinesis	Spitfire	Sean	18.30-19.00	kinesis core	Spitfire	Emily	18.35-19.35	60 min spin	Spin	Claire S
18.30-19.15	bootcamp	Venom	Blake	18.30-19.15	club fit cardio	Mustang	Jillian	19.30-20.15	pilates	Mustang	Claire G
18.30-19.15	45 min spin	Spin	John	19.00-19.45	45 min spin	Spin	Emily				
18.45-19.15	bosu	Mustang	Claire S	19.05-20.00	total body workout	Venom	Claire S				
19.15-20.00	dynamic barre	Mustang	Jillian	19.15-20.00	yogalates	Mustang	Steffi				
19.15-20.15	cardio combat	Venom	Claire S								
20.15-21.00	pilates	Mustang	Claire G								

Thursday				Friday				Saturday			
Time	Class	Studio	Instructor	Time	Class	Studio	Instructor	Time	Class	Studio	Instructor
06.30-07.15	boxing bootcamp	Mustang	Claire S	06.45-07.30	circuits	Venom	Claire S	08.30-09.25	cardio combat	Venom	Claire S
09.15-10.00	cardio combat	Venom	Claire S	09.00-09.45	aerobics	Mustang	Elaine	08.40-09.25	calorie burn spin	Spin	Emily
10.15-11.00	zumba	Mustang	Steffi	09.30-10.30	total body workout	Venom	Claire S	09.30-10.15	calorie burn spin	Spin	Claire S
11.00-12.00	pilates	Mustang	Christine	17.30-18.15	pilates	Mustang	Christine	10.00-10.45	weight loss	Mustang	Lisa
14.00-15.00	weigh in & keep fit	Mustang	Blake	18.15-19.00	45 min spin	Spin	Blake				
16.15-17.00	HIIT cardio (teens)	Venom	Blake	18.15-19.00	dynamic pump	Venom	Emily				
17.45-18.15	bosu	Mustang	Claire S								
18.00-18.30	beginners spin	Spin	Hannah								

								Sunday			
								Time	Class	Studio	Instructor
								09.00-10.00	fitness yoga	Mustang	Julie
								09.30-10.15	calorie burn spin	Spin	Blake
								10.20-10.50	kinesis tone	Spitfire	Hannah

				Class type code							
				high energy: fat & calorie burn – fitness & toning							
				medium energy: fat & calorie burn – fitness & toning							
				moderate energy: muscle tone & balance							
				low energy: core strength, abs, back care & flexibility							
				weight loss: weigh in & weight loss							

<p>PLEASE NOTE: a charge of £7 per class will be payable by anyone booked in but not attending class. We require a minimum of 2hrs notice to cancel a class booking, so we can offer the place to someone else.</p>	<ul style="list-style-type: none"> please arrive min 5 mins prior to class start time your space may be reallocated if you arrive late provide min 2hrs notice if unable to attend Classes
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