tfd health & fitness — autumn class schedule 2017 – *version 3*

Monday

Time	Class	Studio	Instructor
06.30-07.15	core conditioning	Venom	Blake
08.00-08.30	bosu	Mustang	Claire S
09.00-09.30	fitball & abs	Mustang	Alex
09.30-10.00	30 min spin	Spin	Steffi
09.30-10.15	cardio combat	Venom	Claire S
10.00-10.15	weigh in	Gym	Steffi
10.00-10.30	kinesis tone	Spitfire	Alex
10.15-11.00	dynamic pump	Venom	Steffi
17.45-18.30	dynamic pump	Venom	Steffi
18.00-18.45	boxing bootcamp	Mustang	Claire S
18.30-19.15	45 min spin	Spin	John
18.30-19.15	bootcamp	Venom	Blake
18.45-19.15	HIIT kinesis	Spitfire	Hannah
18.45-19.15	bosu	Mustang	Claire S
19.15-19.45	30 min spin	Spin	Hannah
19.15-20.00	dynamic barre	Dakota	Jillian
19.15-20.15	cardio combat	Venom	Claire S
20.15-21.00	pilates	Mustang	Claire G

Tuesday

Time	Class	Studio	Instructor
06.30-07.15	45min spin	Spin	Hannah
09.30-10.30	body conditioning	Mustang	Elaine
09.30-10.00	30 min spin	Spin	Blake
10.00-10.30	kettlebells	Venom	Alex
10.00-10.30	kinesis tone	Spitfire	Blake
10.30-11.30	yogalates	Mustang	Elaine
12.30-13.00	yogalates	Mustang	Steffi
17.30-18.00	kettlebells	Venom	Alex
17.45-18.15	beg/interm. spin	Spin	Emily
18.05-19.00	dynamic pump	Venom	Claire S
18.15-19.15	running club	n/a	Paul/Chris
18.15-18.45	30 min spin	Spin	Steffi
18.30-19.00	kinesis core	Spitfire	Emily
18.30-19.15	hip hop cardio	Mustang	Jillian
19.05-20.00	circuits	Venom	Claire S
19.15-20.00	yogalates	Mustang	Steffi

Wednesday

Time	Class	Studio	Instructor
09.00-09.30	bosu	Mustang	Blake
09.30-10.00	30 min spin	Spin	Blake
09.30-10.30	pilates	Mustang	Claire G
10.00-10.30	kinesis tone	Spitfire	Blake
10.30-11.00	kinesis tone	Spitfire	Claire G
12.30-13.00	30 min spin	Spin	Steffi
17.45-18.30	cardio combat	Mustang	Claire S
18.00-18.30	30 min spin	Spin	Steffi
18.00-18.30	kettlebells	Venom	Alex
18.30-19.00	kinesis core	Spitfire	Alex
18.30-19.15	zumba	Mustang	Steffi
18.30-19.15	insanity	Venom	Claire G
18.35-19.35	60 min spin	Spin	Claire S
19.15-20.00	pilates	Mustang	Claire G

Thursday

Time	Class	Studio	Instructor
06.30-07.15	boxing bootcamp	Mustang	Claire S
08.00-08.45	yogalates	Mustang	Steffi
09.15-10.00	cardio combat	Venom	Claire S
10.15-11.00	zumba	Mustang	Steffi
11.00-12.00	pilates	Mustang	Christine
12.30-13.00	kettlebells	Venom	Alex
14.00-15.00	weigh in & keep fit	Mustang	Blake
17.45-18.15	bosu	Mustang	Claire S
18.00-18.30	beginners spin	Spin	Hannah
18.30-19.00	kinesis core	Spitfire	Hannah
18.15-19.15	cardio combat	Venom	Claire S
19.15-20.00	45 min spin	Spin	Claire S
19.15-20.00	club fit cardio	Mustang	Jillian

Friday

Time	Class	Studio	Instructor
06.30-07.15	circuits	Mustang	Claire S
09.00-09.45	aerobics	Mustang	Elaine
09.30-10.30	total body workout	Venom	Claire S
09.45-10.30	dynamic barre	Dakota	Jillian
17.30-18.15	pilates	Mustang	Christine
18.15-19.00	45 min spin	Spin	Blake
18.15-19.00	dynamic pump	Venom	Emily

Saturday

Time	Class	Studio	Instructor
08.30-09.25	cardio combat	Venom	Claire S
08.40-09.25	calorie burn spin	Spin	Emily
09.30-10.15	calorie burn spin	Spin	Claire S
10.30-11.00	HIIT kettlebells	Venom	Alex/Emily
09.30-10.15	monthly weight loss	Mustang	Lisa
	1st Saturday of month		

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

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.

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

- 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