

tfd health & fitness summer class schedule 2018 – version 2

Monday				Tuesday				Wednesday			
Time	Class	Studio	Instructor	Time	Class	Studio	Instructor	Time	Class	Studio	Instructor
08.00-08.30	bosu	Mustang	Claire S	06.30-07.15	45min spin	Spin	Hannah	06.30-07.15	core conditioning	Venom	Blake
08.45-09.30	dynamic pump	Venom	Steffi	09.30-10.30	body conditioning	Mustang	Elaine	09.00-09.30	bosu	Mustang	Blake
09.30-10.00	30 min spin	Spin	Steffi	09.30-10.00	30 min spin	Spin	Blake	09.30-10.00	30 min spin	Spin	Emily
09.30-10.15	cardio combat	Venom	Claire S	10.00-10.30	kettlebells	Venom	Alex	09.30-10.30	pilates	Mustang	Claire G
10.00-10.30	kinesis tone	Spitfire	Hannah	10.00-10.30	kinesis tone	Spitfire	Blake	10.00-10.30	kinesis tone	Spitfire	Emily
17.45-18.30	dynamic pump	Venom	Steffi	10.30-11.30	yogalates	Mustang	Elaine	10.30-11.00	kinesis tone	Spitfire	Claire G
18.00-18.45	boxing bootcamp	Mustang	Sarah	12.30-13.00	yogalates	Mustang	Steffi	12.30-13.00	30 min spin	Spin	Steffi
18.30-19.15	45 min spin	Spin	John	17.45-18.15	beg/interm. spin	Spin	Emily	17.45-18.30	cardio combat	Mustang	Claire S
18.30-19.15	bootcamp	Venom	Blake	18.00-18.55	dynamic pump	Venom	Claire S	18.00-18.30	30 min spin	Spin	Steffi
18.45-19.15	bosu	Mustang	Claire S	18.15-19.15	running club	n/a	Paul/Chris	18.00-18.30	kettlebells	Venom	Alex
19.15-20.00	45 min spin	Spin	Jamie	18.15-18.45	30 min spin	Spin	Steffi	18.30-19.15	zumba	Mustang	Steffi
19.15-20.00	club fit cardio	Mustang	Jillian	18.30-19.00	kinesis core	Spitfire	Emily	18.30-19.15	cardio HIIT	Venom	Blake
19.15-20.15	cardio combat	Venom	Claire S	18.30-19.15	hip hop cardio	Mustang	Jillian	18.30-19.30	60 min spin	Spin	Claire S
20.15-21.00	pilates	Mustang	Claire G	19.00-19.55	circuits	Venom	Claire S	19.15-20.00	pilates	Mustang	Claire G
				19.15-20.00	yogalates	Mustang	Steffi	19.30-20.15	45 min spin	Spin	Jamie
				20.00-20.30	kettlebells	Venom	Alex				

Thursday				Friday				Saturday			
Time	Class	Studio	Instructor	Time	Class	Studio	Instructor	Time	Class	Studio	Instructor
08.00-08.45	yogalates	Venom	Steffi	06.30-07.15	circuits	Mustang	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	09.30-10.15	dynamic pump	Venom	Emily
14.00-15.00	weigh in & keep fit	Mustang	Blake	18.15-19.00	45 min spin	Spin	Blake	10.30-11.00	HIIT kettlebells	Venom	Alex/Emily
17.45-18.15	bosu	Mustang	Claire S	18.15-19.00	dynamic pump	Venom	Emily				
18.00-18.30	beginners spin	Spin	Hannah								
18.15-19.15	cardio combat	Venom	Claire S								
18.30-19.00	kinesis core	Spitfire	Hannah								
19.15-20.00	45 min spin	Spin	Claire S								
19.15-20.15	fitness yoga	Mustang	Olga								

				Sunday			
Time	Class	Studio	Instructor	Time	Class	Studio	Instructor
				09.00-10.00	fitness yoga	Mustang	Julie
				09.30-10.15	calorie burn spin	Spin	Blake
				10.20-11.05	core conditioning	Venom	Blake

				Class type code			
<b>PLEASE NOTE:</b> 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.				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