tfd health & fitness - from w/c 12th November

autumn class schedule 2018 – *version 6*

Monday

Time	Class	Studio	Instructor
06.30-07.15	45 min spin	Spin	Hannah
08.45-09.30	dynamic pump	Venom	Steffi
09.30-10.00	30 min spin	Spin	Steffi
09.30-10.30	konga	Venom	Rachel
10.00-10.30	kinesis tone	Spitfire	Hannah
17.45-18.30	dynamic pump	Venom	Steffi
18.00-18.45	boxing bootcamp	Mustang	Sarah
18.30-19.15	45 min spin	Spin	John
18.30-19.15	bootcamp	Venom	Blake
18.45-19.15	bosu	Mustang	Claire G
19.15-20.00	45 min spin	Spin	Jamie
19.15-20.00	club fit cardio	Mustang	Ema
19.15-20.00	insanity	Venom	Suzi
20.00-20.45	pilates	Mustang	Aliysa

Tuesday

Time	Class	Studio	Instructor
09.00-09.30	cardio HIIT	Venom	Blake
09.30-10.00	30 min spin	Spin	Blake
09.30-10.30	body conditioning	Mustang	Elaine
10.00-10.30	kettlebells	Venom	Alex
10.00-10.30	kinesis tone	Spitfire	Hannah
10.30-11.30	yogalates	Mustang	Elaine
12.30-13.00	yogalates	Mustang	Steffi
17.45-18.15	beg/interm. spin	Spin	Hannah
18.00-18.45	circuits	Venom	Jamie
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	Alex
18.45-19.30	dynamic pump	Venom	Steffi
19.30-20.00	kettlebells	Venom	Alex

Wednesday

Time	Class	Studio	Instructor
06.30-07.15	core conditioning	Venom	Blake
09.00-09.30	bosu	Mustang	Blake
09.30-10.00	30 min spin	Spin	Hannah
09.30-10.30	pilates	Mustang	Claire G
10.30-11.00	kinesis tone	Spitfire	Claire G
12.30-13.00	30 min spin	Spin	Steffi
17.45-18.30	core conditioning	Mustang	Blake
18.00-18.30	30 min spin	Spin	Steffi
18.00-18.30	kettlebells	Venom	Alex
18.30-19.15	zumba	Mustang	Steffi
18.30-19.15	insanity	Venom	Claire G
18.30-19.30	60 min spin	Spin	Claire S
19.15-20.00	pilates	Mustang	Claire G
19.30-20.15	45 min spin	Spin	Jamie

Thursday

Time	Class	Studio	Instructor
08.00-08.45	yogalates	Venom	Steffi
09.45-10.30	insanity	Venom	Suzi
10.15-11.00	zumba	Mustang	Steffi
11.00-12.00	pilates	Mustang	Christine
14.00-15.00	weigh in & keep fit	Mustang	Blake
17.45-18.30	dance fit	Mustang	Steffi
18.00-18.30	beginners spin	Spin	Hannah
18.30-19.15	boxing bootcamp	Mustang	Sarah
18.30-19.00	kinesis core	Spitfire	Hannah
18.45-19.30	45 min spin	Spin	Claire S
19.15-20.15	athlete fit	Venom	Aliysa
19.15-20.15	fitness yoga	Mustang	Olga

Friday

Time	Class	Studio	Instructor
06.30-07.15	circuits	Mustang	Blake
09.00-09.45	aerobics	Mustang	Steffi
09.30-10.30	total body workout	Venom	Blake
17.30-18.15	pilates	Mustang	Krissie
18.15-19.00	45 min spin	Spin	Blake
18.15-19.00	dynamic pump	Venom	Sarah

Saturday

Time	Class	Studio	Instructor
08.30-09.15	insanity	Venom	Claire/Suzi
08.30-09.15	45 min spin	Spin	Sarah
08.45-09.30	body conditioning	Mustang	Ema
09.30-10.15	45 min spin	Spin	Blake
09.30-10.15	club fit cardio	Mustang	Ema
10.15-10.45	kettlebells	Venom	Alex/Blake

Sunday

Time	Class	Studio	Instructor
09.00-10.00	fitness yoga	Mustang	Julie
09.00-10.00	athlete fit	Venom	Aliysa
09.30-10.15	45 min spin	Spin	Jo

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 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.

- 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