

tfd health & fitness - from w/c 14th January

winter class schedule 2019 – version 2

| Monday | | | | Tuesday | | | | Wednesday | | | |
|---|---------------------|----------|------------|---|--------------------|----------|------------|---|-------------------|----------|-------------|
| Time | Class | Studio | Instructor | Time | Class | Studio | Instructor | Time | Class | Studio | Instructor |
| 06.30-07.15 | flexible spin | Spin | Hannah | 09.00-09.30 | cardio HIIT | Venom | Blake | 06.30-07.15 | power core | Venom | Blake |
| 08.45-09.30 | dynamic pump | Venom | Steffi | 09.30-10.00 | 30 min spin | Spin | Blake | 09.00-09.30 | core conditioning | Mustang | Jo |
| 09.00-09.30 | 30 min spin | Spin | Jo | 09.30-10.30 | body conditioning | Mustang | Elaine | 09.30-10.00 | 30 min spin | Spin | Hannah |
| 09.30-10.00 | strong 30 | Venom | Steffi | 10.00-10.30 | kinesis tone | Spitfire | Hannah | 09.30-10.15 | bootcamp | Venom | Blake |
| 09.30-10.00 | kinesis tone | Spitfire | Hannah | 10.30-11.30 | yogalates | Mustang | Elaine | 09.30-10.30 | pilates | Mustang | Claire G |
| 10.15-11.00 | zumba | Mustang | Steffi | 12.30-13.00 | yogalates | Mustang | Steffi | 10.30-11.00 | kinesis tone | Spitfire | Claire G |
| 12.30-13.00 | kettlebells | Venom | Alex | 17.45-18.15 | beg/interm. spin | Spin | Hannah | 12.30-13.00 | 30 min spin | Spin | Steffi |
| 17.45-18.30 | dynamic pump | Venom | Steffi | 18.00-18.45 | circuits | Venom | Jamie | 17.45-18.30 | power core | Mustang | Blake |
| 18.00-18.45 | boxing bootcamp | Mustang | Sarah | 18.15-19.15 | running club | n/a | Paul/Chris | 18.00-18.30 | 30 min spin | Spin | Jo |
| 18.15-18.45 | 30 min spin | Spin | Sean | 18.15-18.45 | 30 min spin | Spin | Steffi | 18.00-18.30 | kettlebells | Venom | Alex |
| 18.30-19.15 | bootcamp | Venom | Blake | 18.30-19.00 | kinesis core | Spitfire | Alex | 18.30-19.15 | zumba | Mustang | Steffi |
| 18.45-19.15 | core conditioning | Mustang | Jo | 18.45-19.30 | dynamic pump | Venom | Steffi | 18.30-19.15 | insanity | Venom | Claire G |
| 19.15-20.00 | 45 min spin | Spin | Jamie | 19.00-19.45 | 45 min spin | Spin | John | 18.30-19.30 | 60 min spin | Spin | Claire S |
| 19.15-20.00 | club fit cardio | Mustang | Ema | 19.30-20.00 | kettlebells | Venom | Alex | 19.15-20.00 | pilates | Mustang | Claire G |
| 19.15-20.00 | strong 45 | Venom | Steffi | | | | | 19.30-20.15 | power spin | Spin | Sarah |
| 20.00-20.45 | pilates | Mustang | Aliysa | | | | | | | | |
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| 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 | Blake | 08.30-09.15 | insanity | Venom | Claire/Suzi |
| 09.00-09.45 | strong 45 | Venom | Lisa | 09.00-09.45 | aerobics | Mustang | Steffi | 08.45-09.30 | body conditioning | Mustang | Ema |
| 10.15-11.00 | zumba | Mustang | Steffi | 09.15-10.15 | total body workout | Venom | Blake | 09.30-10.15 | 45 min spin | Spin | Blake |
| 11.00-12.00 | pilates | Mustang | Christine | 09.45-10.45 | pilates | Mustang | Aliysa | 09.30-10.15 | club fit cardio | Mustang | Ema |
| 14.00-15.00 | weigh in & keep fit | Mustang | Blake | 10.15-11.00 | dynamic pump | Venom | Steffi | 10.15-10.45 | kettlebells | Venom | Alex/Blake |
| 17.45-18.30 | dance fit | Mustang | Steffi | 17.30-18.15 | pilates | Mustang | Krissie | | | | |
| 18.00-18.30 | beg/interm. spin | Spin | Hannah | 18.15-19.00 | 45 min spin | Spin | Blake | | | | |
| 18.30-19.15 | boxing bootcamp | Mustang | Sarah | 18.15-19.00 | power pump | Venom | Sarah | | | | |
| 18.30-19.00 | kinesis core | Spitfire | Hannah | | | | | | | | |
| 18.30-19.00 | strong 30 | Venom | Lisa | | | | | | | | |
| 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 | | | | | | | | |
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| | | | | 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. | | | | | | | | <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 | | | |