

tfd health & fitness - from w/c 18<sup>th</sup> March

spring class schedule 2019 – version 2

Monday				Tuesday				Wednesday			
Time	Class	Studio	Instructor	Time	Class	Studio	Instructor	Time	Class	Studio	Instructor
06.30-07.15	vibe cycle	Spin	Michael	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	Blake
09.30-10.00	strong 30	Venom	Steffi	10.00-10.30	kinesis tone	Spitfire	Hannah	09.30-10.15	cardio tone	Venom	Jo
09.30-10.00	kinesis tone	Spitfire	Hannah	10.00-10.45	power pump	Venom	Sarah	09.30-10.30	pilates	Mustang	Claire G
10.15-11.00	zumba	Mustang	Steffi/Jo	10.30-11.30	yogalates	Mustang	Elaine	10.30-11.00	kinesis tone	Spitfire	Claire G
11.00-12.00	yogalates	Mustang	Elaine	12.30-13.00	yogalates	Mustang	Steffi	12.30-13.00	30 min spin	Spin	Steffi
12.30-13.00	kettlebells	Venom	Alex	17.45-18.15	beg/interm. spin	Spin	Hannah	17.45-18.30	power core	Mustang	Blake
17.45-18.30	dynamic pump	Venom	Steffi	18.00-18.45	circuits	Venom	Jamie	18.00-18.30	30 min spin	Spin	Jo
18.00-18.45	boxing bootcamp	Mustang	Sarah	18.15-19.15	running club	n/a	Paul/Chris	18.00-18.30	kettlebells	Venom	Alex
18.15-18.45	30 min spin	Spin	Sean	18.15-18.45	30 min spin	Spin	Steffi	18.30-19.15	zumba	Mustang	Steffi
18.30-19.15	bootcamp	Venom	Blake	18.30-19.00	kinesis core	Spitfire	Alex	18.30-19.15	insanity	Venom	Claire G
18.45-19.15	core conditioning	Mustang	Jo	18.45-19.30	dynamic pump	Venom	Steffi	18.30-19.15	vibe cycle	Spin	Eloise
18.45-19.15	power kinesis	Spitfire	Sarah	19.00-19.45	45 min spin	Spin	John	19.15-20.00	pilates	Mustang	Claire G
19.15-20.00	45 min spin	Spin	Jamie	19.30-20.00	kettlebells	Venom	Alex				
19.15-20.00	club fit cardio	Mustang	Ema								
19.15-20.00	strong 45	Venom	Steffi								
20.00-20.45	pilates	Mustang	Aliysa								
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	vibe cycle	Spin	Michael
09.15-10.00	strong 45	Venom	Lisa	09.00-09.45	aerobics	Mustang	Steffi	08.30-09.30	total body workout	Venom	Aliysa
09.15-09.45	30 min spin	Spin	Jo	09.15-10.15	total body workout	Venom	Blake	08.45-09.30	body conditioning	Mustang	Ema
09.45-10.15	kinesis tone	Spitfire	Hannah	09.45-10.45	pilates	Mustang	Aliysa	09.30-10.15	45 min spin	Spin	Blake
10.15-11.00	zumba	Mustang	Steffi	10.15-11.00	dynamic pump	Venom	Steffi	09.30-10.15	club fit cardio	Mustang	Ema
11.00-12.00	pilates	Mustang	Christine	17.30-18.15	pilates	Mustang	Krissie	10.15-10.45	kettlebells	Venom	Alex/Blake
14.00-15.00	weigh in & keep fit	Mustang	Blake	17.45-18.15	30 min spin	Spin	Training				
17.45-18.30	dance fit	Mustang	Steffi	18.15-19.00	45 min spin	Spin	Blake				
18.00-18.30	beg/interm. spin	Spin	Hannah	18.15-19.00	power pump	Venom	Sarah				
18.30-19.15	boxing bootcamp	Mustang	Sarah					Sunday			
18.30-19.00	kinesis core	Spitfire	Hannah					Time	Class	Studio	Instructor
18.30-19.00	strong 30	Venom	Lisa					09.00-10.00	fitness yoga	Mustang	Julie
18.45-19.30	45 min spin	Spin	Blake					09.30-10.15	45 min spin	Spin	Jo
19.15-20.15	fitness yoga	Mustang	Olga					10.15-11.15	power fit	Venom	Aliysa
				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							
<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.								<ul style="list-style-type: none"> <li>• please arrive min 5 mins prior to class start time</li> <li>• your space may be reallocated if you arrive late</li> <li>• provide min 2hrs notice if unable to attend</li> </ul>			