

tfd health & fitness – from w/c 4th November

autumn 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	09.30-10.15	boxing bootcamp	Venom	Aliysa	09.00-09.30	core conditioning	Mustang	Jo		
08.45-09.30	dynamic pump	Venom	Steffi	09.30-10.30	body conditioning	Mustang	Elaine	09.30-10.00	30 min spin	Spin	Jo		
09.00-09.30	30 min spin	Spin	Jo	10.00-10.30	kinesis tone	Spitfire	Damian	09.30-10.30	pilates	Mustang	Claire		
09.30-10.00	kinesis tone	Spitfire	Ash	10.30-11.00	30 min spin	Spin	Aliysa	10.00-10.45	cardio tone	Venom	Jo		
09.30-10.15	konga	Mustang	Jo	10.30-11.30	yogalates	Mustang	Elaine	10.30-11.00	kinesis tone	Spitfire	Claire		
09.30-10.30	total body workout	Venom	Blake	12.30-13.00	lunchtime stretch	Mustang	Steffi	11.00-11.45	keep fit	Venom	Damian		
11.00-12.00	yogalates	Mustang	Elaine	17.45-18.15	kinesis core	Spitfire	Ash	12.30-13.00	lunchtime spin	Spin	Steffi		
12.30-13.00	lunchtime spin	Spin	Steffi	18.00-18.45	konga	Mustang	Jo	18.00-18.30	30 min spin	Spin	Claire		
17.45-18.30	dynamic pump	Venom	Steffi	18.00-18.45	circuits	Venom	Blake	18.00-18.30	kettlebells	Venom	Alex		
18.00-18.30	kinesis core	Spitfire	Alfie	18.15-19.15	running club	n/a	Alex/Chris	18.30-19.15	zumba	Mustang	Steffi		
18.00-18.45	boxing bootcamp	Mustang	Aliysa	18.15-18.45	30 min spin	Spin	Steffi	18.30-19.15	insanity	Venom	Claire		
18.30-19.00	30 min spin	Spin	Alfie	18.45-19.15	core conditioning	Venom	Ash	18.30-19.15	vibe cycle	Spin	Eloise		
18.30-19.15	bootcamp	Venom	Sean	18.45-19.30	dynamic pump	Venom	Steffi	19.15-20.00	pilates	Mustang	Claire		
18.45-19.15	core conditioning	Mustang	Jo	19.00-19.45	45 min spin	Spin	Jamie	19.15-20.00	vi-box	Venom	Eloise		
19.15-20.00	45 min spin	Spin	Jo	19.30-20.00	kettlebells	Venom	Alex						
19.15-20.00	club fit cardio	Mustang	Ema	19.30-20.30	mind & body yoga	Mustang	Jim						
20.00-20.45	pilates	Mustang	Aliysa										
Thursday				Friday				Saturday					
Time	Class	Studio	Instructor	Time	Class	Studio	Instructor	Time	Class	Studio	Instructor		
08.30-09.15	yogalates	Venom	Steffi	06.30-07.15	circuits	Mustang	Sean	08.30-09.15	vibe cycle	Spin	Michael		
09.30-10.15	strong 45	Venom	Lisa	09.15-10.15	total body workout	Venom	Sean	08.30-09.15	total body workout	Venom	Blake		
10.15-11.00	zumba	Mustang	Steffi	10.15-11.00	dynamic pump	Venom	Steffi	08.40-09.25	body conditioning	Mustang	Ema		
11.00-12.00	pilates	Mustang	Christine	11.00-11.45	aerobics	Mustang	Christine	09.30-10.15	45 min spin	Spin	Blake		
17.45-18.30	dance fit	Mustang	Steffi	18.00-18.45	pilates	Mustang	Aliysa	09.30-10.15	club fit cardio	Mustang	Ema		
18.00-18.30	HIIT 30	Spitfire	Damian	18.00-18.45	dynamic pump	Venom	Steffi						
18.15-18.45	30 min spin	Spin	Noemi	18.15-19.00	45 min spin	Spin	Alfie						
18.30-19.00	strong 30	Venom	Lisa										
18.45-19.15	kinesis core	Spitfire	Damian					Sunday					
18.45-19.30	45 min spin	Spin	Blake					Time	Class	Studio	Instructor		
19.00-19.45	dynamic step	Venom	Noemi					09.00-10.00	fitness yoga	Mustang	Julie		
19.00-20.00	fitness yoga	Mustang	Olga					09.30-10.15	45 min spin	Spin	Jo		
								10.30-11.00	HIIT 30	Spitfire	Ash		
				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 £8.40 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 			