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| **tfd health & fitness – from 20th January winter class schedule 2019 – *version 3*** |
| **Monday** | **Tuesday** | **Wednesday** |
| **Time** | **Class** | **Studio** | **Instructor** | **Time** | **Class** | **Studio** | **Instructor** | **Time** | **Class** | **Studio** | **Instructor** |
| **06.30-07.15** | 45 min spin | Spin | Michael | **09.00-09.30** | 30 min spin | Spin | Anthea  | **09.00-09.30** | core conditioning | Mustang | Jo |
| **08.45-09.30** | dynamic pump | Venom | Steffi | **09.30-10.15** | strong 45 | Venom | Lisa | **09.30-10.00** | 30 min spin | Spin | Jo |
| **09.30-10.00** | 30 min spin | Spin | Jo | **09.30-10.30** | body conditioning | Mustang | Elaine | **09.30-10.30** | pilates | Mustang | Claire |
| **09.30-10.00** | kinesis tone | Spitfire | Ash | **10.00-10.30** | kinesis tone | Spitfire | Blake | **10.00-10.45** | cardio tone | Venom | Jo |
| **09.30-10.30** | total body workout | Venom | Blake | **10.30-11.15** | keep fit | Venom | Blake | **10.30-11.00** | kinesis tone | Spitfire | Damian |
| **10.00-10.45** | konga | Mustang | Jo | **10.30-11.30** | yogalates | Mustang | Elaine | **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** | core conditioning | Mustang | Blake |
| **17.45-18.30** | dynamic pump | Venom | Steffi | **18.00-18.45** | circuits | Venom | Blake | **18.00-18.30** | 30 min spin | Spin | Claire  |
| **18.00-18.30** | kinesis core | Spitfire | Alfie | **18.15-19.15** | running club | n/a | Alex/Chris | **18.00-18.30** | kettlebells | Venom | Alex |
| **18.00-18.45** | cardio HIIT | Mustang | Blake | **18.15-18.45** | 30 min spin | Spin | Steffi | **18.30-19.15** | zumba | Mustang | Steffi |
| **18.30-19.00** | 30 min spin | Spin | Alfie | **18.45-19.15** | core conditioning | Venom | Ash | **18.30-19.15** | insanity | Venom | Claire |
| **18.30-19.15** | bootcamp | Venom | Sean | **18.45-19.30** | dynamic pump | Venom | Steffi | **18.30-19.15** | 45 min spin | Spin | tbc |
| **18.45-19.15** | core conditioning | Mustang | Jo | **19.00-19.45** | 45 min spin | Spin | Jamie | **19.15-20.00** | pilates | Mustang | Claire |
| **19.15-20.00** | 45 min spin | Spin | Jo | **19.30-20.00** | kettlebells | Venom | Alex | **19.15-20.00** | cardio combat | Venom | Steffi |
| **19.15-20.00** | club fit cardio | Mustang  | Ema | **19.30-20.30** | mind & body yoga | Mustang | Olga |  |  |  |  |
| **19.15-20.00** | boxing bootcamp | Venom  | Aliysa |  |  |  |  |  |  |  |  |
| **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** | 45 min spin | Spin | Blake  |
| **09.15-09.45** | 30 min spin | Spin | Blake | **09.15-10.15** | total body workout | Venom | Sean | **08.40-09.25** | body conditioning | Mustang | Ema |
| **09.45-10.30** | circuits | Venom | Blake | **10.15-11.00** | dynamic pump | Venom | Steffi | **09.30-10.15** | 45 min spin | Spin | Michael |
| **10.15-11.00** | zumba | Mustang | Steffi | **10.15-11.00** | pilates | Mustang | Christine | **09.30-10.15** | club fit cardio | Mustang | Ema |
| **11.00-12.00** | pilates | Mustang | Christine | **11.00-11.45** | aerobics | Mustang | Christine | **09.30-10.30** | total body workout | Venom | Blake |
| **17.45-18.30** | dance fit | Mustang | Ema | **17.45-18.30** | core, stretch & flex | Mustang | Elaine B |  |  |  |  |
| **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 |  |  |  |  | **Sunday** |
| **18.45-19.15** | kinesis core | Spitfire | Damian |  |  |  |  | **Time** | **Class** | **Studio** | **Instructor** |
| **18.45-19.30** | 45 min spin | Spin | Blake |  |  |  |  | **09.00-10.00** | fitness yoga | Mustang | Julie |
| **19.00-19.45** | dynamic step | Venom | Noemi |  |  |  |  | **09.30-10.15** | 45 min spin | Spin | Jo |
| **19.00-20.00** | fitness yoga | Mustang | Olga |  |  |  |  | **10.30-11.00** | HIIT 30 | Spitfire | Ash |
|  |  |  |  | Class type code |  |  |  |  |
|  |  |  |  | high energy: fat & calorie burn – fitness & toning |  |  |  |  |
| **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.** | medium energy: fat & calorie burn – fitness & toning | * 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
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| moderate energy: muscle tone & balance |
| low energy: core strength, abs, back care & flexibility |
| weight loss: weigh in & weight loss |