

tfd health & fitness – from 3rd February

winter class schedule 2020 – version 6

Monday				Tuesday				Wednesday				
Time	Class	Studio	Instructor	Time	Class	Studio	Instructor	Time	Class	Studio	Instructor	
06.30-07.15	45 min spin	Spin	Michael	09.30-10.00	30 min spin	Spin	Anthea	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	
09.30-10.00	30 min spin	Spin	Jo	10.00-10.30	kinesis tone	Spitfire	Blake	09.30-10.30	pilates	Mustang	Claire	
09.30-10.00	kinesis tone	Spitfire	Ash	10.00-10.45	cardio tone	Venom	Anthea	10.00-10.45	cardio tone	Venom	Jo	
09.30-10.15	cardio HIIT	Venom	Blake	10.30-11.15	keep fit 60+	Dakota	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 60+	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	Dakota	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	Anthea	
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	Dakota	Alex	19.15-20.00	cardio combat	Venom	Steffi	
19.15-20.00	club fit cardio	Mustang	Ema	19.30-20.00	strong 30	Venom	Lisa					
19.15-20.00	boxing bootcamp	Venom	Aliysa	19.30-20.30	mind & body yoga	Mustang	Olga					
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	Anthea	
10.15-11.00	zumba	Mustang	Steffi	10.15-11.00	pilates	Mustang	Christine	09.30-10.15	club fit cardio	Mustang	Ema	
10.30-11.30	pilates	Dakota	Rupee	11.00-11.45	aerobics	Mustang	Christine	09.30-10.30	total body workout	Venom	Blake	
11.00-12.00	pilates	Mustang	Christine	17.45-18.30	core, stretch & flex	Mustang	Elaine B					
17.45-18.30	dance fit	Mustang	Ema	18.00-18.45	dynamic pump	Venom	Steffi					
18.00-18.30	HIIT 30	Spitfire	Damian	18.15-19.00	45 min spin	Spin	Alfie					
18.15-18.45	30 min spin	Spin	Noemi					Sunday				
18.30-19.00	strong 30	Venom	Lisa					Time	Class	Studio	Instructor	
18.45-19.15	kinesis core	Spitfire	Damian					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	
19.00-19.45	dynamic step	Venom	Noemi					10.30-11.00	core conditioning	Mustang	Ash	
19.00-20.00	fitness yoga	Mustang	Olga									
				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