tfd health & fitness – from 23rd March — spring class schedule 2020 – *version 4*

Monday

Time	Class	Studio	Instructor
08.45-09.30	power pump	Venom	Blake
09.30-10.00	30 min spin	Spin	Jo
09.30-10.00	kinesis tone	Spitfire	Ash
10.00-10.45	konga	Mustang	Jo
11.00-12.00	yogalates	Mustang	Elaine
12.30-13.00	lunchtime spin	Spin	Steffi
17.45-18.30	dynamic pump	Venom	Steffi
18.00-18.30	kinesis core	Spitfire	Alfie
18.00-18.45	cardio HIIT	Mustang	Blake
18.30-19.00	30 min spin	Spin	Alfie
18.30-19.15	bootcamp	Venom	Sean
18.45-19.15	core conditioning	Mustang	Jo
19.15-20.00	45 min spin	Spin	Jo
19.15-20.00	club fit cardio	Mustang	Ema
19.15-20.00	boxing bootcamp	Venom	Kim
20.00-20.45	pilates	Mustang	Elaine B

Tuesday

Time	Class	Studio	Instructor
09.30-10.30	body conditioning	Mustang	Elaine
10.00-10.30	kinesis tone	Spitfire	Blake
10.30-11.15	keep fit 60+	Dakota	Blake
10.30-11.30	yogalates	Mustang	Elaine
17.30-18.15	dynamic pump	Venom	Steffi
17.45-18.15	kinesis core	Spitfire	Ash
18.00-18.45	konga	Mustang	Jo
18.15-19.00	circuits	Venom	Blake
18.15-19.15	running club	n/a	Alex/Chris
18.15-18.45	30 min spin	Spin	Steffi
18.45-19.15	core conditioning	Mustang	Ash
19.00-19.45	cardio combat	Venom	Steffi
19.00-19.45	45 min spin	Spin	Jamie
19.30-20.00	kettlebells	Dakota	Alex
19.30-20.30	mind & body yoga	Mustang	Olga

Wednesday

Time	Class	Studio	Instructor
09.00-09.30	core conditioning	Mustang	Jo
09.30-10.00	30 min spin	Spin	Jo
09.30-10.30	pilates	Mustang	Claire
10.00-10.45	cardio tone	Venom	Jo
10.30-11.00	kinesis tone	Spitfire	Damian
12.30-13.00	lunchtime spin	Spin	Steffi
18.00-18.30	core conditioning	Mustang	Blake
18.00-18.30	30 min spin	Spin	Claire
18.00-18.30	kettlebells	Dakota	Alex
18.30-19.15	zumba	Mustang	Steffi
18.30-19.15	insanity	Venom	Claire
18.30-19.15	45 min spin	Spin	Anthea
19.15-20.00	pilates	Mustang	Claire
19.15-20.00	cardio combat	Venom	Steffi

Thursday

Time	Class	Studio	Instructor
08.30-09.15	yogalates	Venom	Steffi
09.15-09.45	30 min spin	Spin	Blake
09.45-10.30	circuits	Venom	Blake
10.15-11.00	zumba	Mustang	Steffi
11.00-12.00	pilates	Mustang	Christine
17.45-18.30	dance fit	Mustang	Hayley
18.00-18.30	HIIT 30	Spitfire	Damian
18.15-18.45	30 min spin	Spin	Blake
18.30-19.00	strong 30	Venom	Lisa
18.45-19.15	kinesis core	Spitfire	Damian
18.45-19.15	30 min spin	Spin	Blake
19.00-19.45	step & tone	Venom	Ema
19.00-20.00	fitness yoga	Mustang	Olga

Friday

Time	Class	Studio	Instructor
06.30-07.15	circuits	Mustang	Sean
09.15-10.15	total body workout	Venom	Sean
10.15-11.00	dynamic pump	Venom	Steffi
10.15-11.00	pilates	Mustang	Christine
11.00-11.45	aerobics	Mustang	Christine
17.45-18.30	core, stretch & flex	Mustang	Elaine B
18.00-18.45	dynamic pump	Venom	Steffi
18.15-19.00	45 min spin	Spin	Alfie

Saturday

Time	Class	Studio	Instructor
08.30-09.15	45 min spin	Spin	Blake
08.40-09.25	body conditioning	Mustang	Ema
09.30-10.15	45 min spin	Spin	Anthea
09.30-10.15	club fit cardio	Mustang	Ema
09.30-10.30	total body workout	Venom	Blake

Sunday

Time	Class	Studio	Instructor
09.00-10.00	fitness yoga	Mustang	Julie
09.30-10.15	45 min spin	Spin	Jo
10.30-11.00	core conditioning	Mustang	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.

- 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