

TFD Health & Fitness - Class Schedule 5th Oct



Bookings must be made in advance via the FitSense app

Please wait outside in the allocated class queue, along the building and your instructor will collect you.

Monday

Time	Class	Location	Instructor
09.30-10.00	spin	spin	Blake
10.15-10.45	TBW	venom	Blake
10.55-11.25	core conditioning	mustang	Blake
17.45-18.30	dynamic pump	venom	Steffi
18.15-18.45	dance fit	mustang	Hayley
19.15-19.45	spin	spin	Jo
19.10-19.55	pilates	mustang	Elaine

Tuesday

Time	Class	Location	Instructor
09.30-10.00	spin	spin	Anthea
10.15-11.00	dynamic pump	venom	Anthea
10.30-11.15	pilates	mustang	Christine
10.45-11.30	60+ interval workout	gym floor	Blake
17.45-18.15	spin	spin	Steffi
18.30-19.00	konga	mustang	Jo
18.30-19.30	running group	outside	Alex
18.45-19.15	spin	spin	Anthea
19.10-19.40	cardio tone	venom	Jo

Wednesday

Time	Class	Location	Instructor
09.30-10.00	konga	mustang	Jo
10.15-10.45	cardio tone	venom	Jo
17.45-18.15	cardio combat	venom	Steffi
18.10-18.40	spin	spin	Blake
18.30-19.00	zumba	mustang	Steffi
19.00-20.00	performance spin	spin	Carl
19.15-20.00	dynamic pump	venom	Anthea

Thursday

Time	Class	Location	Instructor
09.15-09.45	spin	spin	Jo
09.55-10.40	dynamic pump	venom	Steffi
10.55-11.40	yogalates	mustang	Steffi
17.45-18.15	dance fit	mustang	Hayley
18.00-18.30	kettlebells	venom	Alex
18.45-19.15	strong 30	venom	Lisa
19.10-19.40	spin	spin	Blake

Friday

Time	Class	Location	Instructor
09.15-09.45	spin	spin	Anthea
09.30-10.00	aerobics	mustang	Christine
10.15-11.00	pilates	mustang	Christine
17.30-18.15	pilates	mustang	Elaine
17.45-18.30	dynamic pump	venom	Steffi
18.40-19.10	spin	spin	Kim

Saturday

Time	Class	Location	Instructor
08.45-09.15	spin	spin	Blake
09.00-09.45	outdoor bootcamp	outside	Lisa
09.30-10.00	TBW	venom	Blake
10.15-10.45	core conditioning	mustang	Blake

Sunday

Time	Class	Location	Instructor
09.00-10.00	fitness yoga	mustang	Julie
09.30-10.00	spin	spin	Jo
10.15-10.45	konga	mustang	Jo
11.00-11.45	beginners running	outside	Jo

FitSense App Virtual

Time	Class	Instructor
Mon 08.30	spin	Anthea
Mon 09.00	pilates	Elaine
Mon 10.30	konga	Jo
Mon 18.45	core conditioning	Kim
Mon 19.15	resistance bands	Blake
Tue 08.30	spin	Alfie
Tue 09.00	aerobics	Christine
Tue 17.45	strong	Lisa
Tue 18.15	upper body workout	Blake
Tue 19.30	yogalates	Steffi
Wed 08.30	spin	Steffi
Wed 09.00	lower body workout	Blake
Wed 17.45	kettlebells	Alex
Wed 18.15	fitball	Lisa
Thu 08.30	spin	Blake
Thu 09.00	body conditioning	Anthea
Thu 09.45	zumba	Steffi
Thu 19.15	fitness yoga	Olga
Fri 08.30	spin	Jo
Fri 10.30	dynamic pump	Steffi
Fri 17.45	cardio tone	Jo
Sat 09.00	cardio combat	Steffi
Sat 10.00	dance fit	Hayley
Sun 08.30	spin	Kim
Sun 09.00	cardio HIIT	Alfie
Sun 09.30	pilates	Christine
Daily 20.45	post workout stretch	Kim

PLEASE NOTE: Restricted app access and 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