

# TFD Health & Fitness - Online Schedule

Week commencing 9th Nov - Facebook Live on TFD ONLINE



Monday		
Time	Class	Instructor
09.30-10.00	upper body workout	Blake
10.15-10.45	zumba	Steffi
18.00-18.30	cardio combat	Steffi
18.45-19.15	pilates	Elaine

Wednesday		
Time	Class	Instructor
09.30-10.00	lower body workout	Blake
10.15-10.45	core conditioning	Jo
18.00-18.30	zumba	Steffi
18.45-19.15	cardio tone	Jo

Friday		
Time	Class	Instructor
09.30-10.00	aerobics	Christine
10.15-10.45	pilates	Christine
18.00-18.30	total body workout	Kim
18.45-19.15	fitball & abs	Lisa

Tuesday		
Time	Class	Instructor
09.30-10.00	cardio HIIT	Lisa
10.15-10.45	dynamic pump	Anthea
18.00-18.30	konga	Jo
18.45-19.15	dynamic pump	Steffi

Thursday		
Time	Class	Instructor
09.30-10.00	konga	Jo
10.15-10.45	yogalates	Steffi
18.00-18.30	dance fit	Hayley
18.45-19.15	strong 30	Lisa

Saturday		
Time	Class	Instructor
09.30-10.00	core conditioning	Kim

Sunday		
Time	Class	Instructor
10.15-10.45	total body workout	Jo

**Online classes will be shown LIVE on TFD ONLINE Facebook group.**

**Members request to join!**