

fitness LIVE at home & outdoors at tfd



W/C 26TH April | FREE TO MEMBERS | NON MEMBERS BOOK & PAY ON THE APP

MONDAY				THURSDAY			
09:30	CARDIO TONE	Jo	Outdoor	09:00	SPIN 30	Blake	Zoom
17:45	DANCE FIT	Steffi	Outdoor	09:45	AEROBICS	Christine	Outdoor
18:45	PUMP	Steffi	Zoom	17:45	SPIN 30	Jo	Zoom
18:45	HIIT	Kim	Outdoor	17:45	HIP HOP	Tabby	Outdoor
19:30	SPIN 30	Kim	Zoom	18:45	KONGA	Jo	Outdoor
TUESDAY				FRIDAY			
09:00	SPIN 30	Blake	Zoom	09:30	TBW	Blake	Outdoor
09:30	BODY CONDITIONING	Anthea	Outdoor	17:45	PILATES	Elaine	Zoom
17:45	SPIN 30	Steffi	Zoom	17:45	PUMP	Steffi	Outdoor
18:00	DANCE FIT	Hayley	Outdoor	18:45	SPIN 30	Kim	Zoom
18:30	CORE	Jo	Zoom	SATURDAY			
19:00	BOOTCAMP	Anthea	Outdoor	08:45	SPIN	Blake	Zoom
WEDNESDAY				09:30	BOOTCAMP	Lisa	Outdoor
09:30	KONGA	Jo	Outdoor	11:00	GLUTES & ABS	Kim	Outdoor
10:30	PILATES	Lisa	Outdoor	SUNDAY			
17:45	COMBAT	Steffi	Outdoor	09:30	SPIN 45	Jo	Zoom
18:45	ZUMBA	Steffi	Outdoor	11:00	BOOTCAMP	Anthea	Outdoor
19:15	SPIN 45	Blake	Zoom				

OUTDOOR CLASSES : Bring a mat for floor exercises

www.tfdgym.co.uk

