

Class Schedule: 1st December

MONDAY				WEDNESDAY				FRIDAY			
06:15-07:00	WAKE UP YOGA	Jim	Mustang	06:15-07:00	WAKE UP YOGA	Jim	Mustang	06:30-07:15	WAKE UP WOD	Tabby	Venom
08:45-09:30	DYNAMIC PUMP	Jo	Venom	06:30-07:15	WAKE UP WOD	Alfie	Venom	09:00-09:30	SPIN 30	Anthea	Spin
09:30-10:00	SPIN 30	Jo	Spin	09:00-09:30	CORE	Jo	Venom	09:30-10:15	TOTAL BODY WORKOUT	Anthea	Venom
09:30-10:15	CARDIO COMBAT	Carolyn	Venom	09:30-10:00	SPIN 30	Elaine	Spin	09:45-10:30	AEROBICS	Christine	Mustang
10:30-11:15	ACTIVE STRENGTH	Elaine	Venom	09:45-10:30	DYNAMIC PUMP	Jo	Venom	10:30-11:15	PILATES	Christine	Mustang
11:15-12:00	PILATES	Elaine	Mustang	10:30-11:15	PILATES	Elaine	Mustang	17:30-18:15	PILATES	Lisa	Mustang
17:45-18:15	CORE	Jo	Venom	12:30-13:00	SPIN 30	Steffi	Spin	17:30-18:15	DYNAMIC PUMP	Steffi	Venom
18:00-18:30	SPIN 30	Calum	Spin	17:45-18:30	ZUMBA	Steffi	Mustang	18:15-18:45	SPIN 30	Kim	Spin
17:45-18:30	DANCE FIT	Kirsty	Mustang	17:45-18:30	TOTAL BODY WORKOUT	Elaine	Venom	SATURDAY			
18:30-19:15	SPIN 45	Kim	Spin	18:30-19:15	SPIN 45	Helen	Spin	08:15-09:00	BOX FIT	Kim	Venom
18:30-19:15	DYNAMIC PUMP	Steffi	Venom	19:00-19:45	CIRCUITS	Olly	Venom	09:00-09:45	SPIN 45	Kim	Spin
18:30-19:15	PILATES	Tabby	Mustang	19:00-20:00	BARRE	Pip	Dakota	09:45-10:30	DANCE FIT	Tabby	Mustang
19:00-20:00	JAZZ DANCE	Pip	Dakota	19:15-20:00	PILATES	Anthea	Mustang	10:30-11:15	LEGS, BUMS & TUMS	Anthea	Mustang
19:15-19:45	HIIT	Kim	Venom								
TUESDAY				THURSDAY				SUNDAY			
06:30-07:00	SPIN 30	Anthea	Spin	08:15-08:45	KETTLEBELLS	Anthea	Venom	08:30-09:15	WAKE UP WOD	Sam	Venom
09:00-09:30	SPIN 30	Kim	Spin	09:00-09:30	SPIN 30	Anthea	Spin	09:30-10:00	SPIN 30	Elaine	Spin
09:30-10:15	TOTAL BODY WORKOUT	Kim	Venom	09:30-10:15	STRONG	Lisa	Venom	09:30-10:15	DANCE FIT	Connie	Mustang
09:45-10:30	DANCE FIT	Tabby	Mustang	09:45-10:30	DANCE FIT	Pip	Mustang	10:00-11:00	BALLET	Pip	Dakota
10:30-11:10	ACTIVE MOBILITY	Elaine	Venom	10:30-11:15	PILATES	Christine	Mustang	10:15-11:00	PILATES	Elaine	Mustang
11.15-11:55	SEATED MOBILITY	Elaine	Venom	17:45-18:15	SPIN 30	Jo	Spin	<p>PLEASE remember to cancel classes you can no longer attend giving as much notice as possible. Access to class bookings will be removed for non-attendance. New or recently changed classes are highlighted in red.</p> <p>TO BOOK: 01235 772995 / info@tfdgym.co.uk FitSense App Club Code 25699</p>			
12.30-13:00	YOGALATES	Steffi	Mustang	18:00-19:00	COMMERCIAL DANCE	Tabby	Dakota				
17:45-18:15	SPIN 30	Steffi	Spin	18:30-19:00	KETTLEBELLS	Sam	Venom				
17:45-18:30	DANCE FIT	Hayley	Mustang	18:30-19:15	PERFORMANCE SPIN	Carl	Spin				
18:00-18:30	KETTLEBELLS	Calum	Venom	18:45-19:45	VINYASA FLOW YOGA	Hannah	Mustang				
18:30-19:15	STRONG 45	Lisa	Venom	19:00-20:00	LATIN DANCE	Esme	Dakota				
18:30-19:00	SPIN 30	Calum	Spin	19:15-20:00	POWER PILATES	Tabby	Venom				
19:00-20:00	CONTEMPORARY DANCE	Pip	Dakota								
19:15-20:15	FITNESS YOGA	Jim	Mustang								



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