

MONDAY				WEDNESDAY				FRIDAY			
06:30-07:15	WAKE UP YOGA	Jim	Mustang	09:00-09:30	CORE	Jo	Venom	06:30-07:15	WAKE UP WOD	Tabby	Venom
09:00-09:30	SPIN 30	Jo	Spin	09:30-10:00	SPIN 30	Kim	Spin	09:00-09:30	SPIN 30	Anthea	Spin
09:30-10:15	DYNAMIC PUMP	Jo	Venom	09:45-10:30	DYNAMIC PUMP	Jo	Venom	09:30-10:15	TOTAL BODY WORKOUT	Anthea	Venom
10:15-11:00	AEROBICS	Ema	Mustang	10:00-10:30	BARRE CONDITIONING	Tabby	Dakota	09:45-10:30	ACTIVE AEROBICS	Christine	Mustang
10:30-11:15	ACTIVE STRENGTH	Elaine	Venom	10:30-11:15	PILATES	Steffi	Mustang	10:30-11:15	PILATES	Christine	Mustang
11:15-12:00	PILATES	Elaine	Mustang	12:30-13:00	TOTAL BODY WORKOUT	Kim	Venom	10:30-11:15	PILATES	Jo	Venom
12:30-13:00	KETTLEBELLS	Kim	Venom	17:45-18:30	ZUMBA	Steffi	Mustang	12:30-13:00	CORE	Anthea	Venom
17:45-18:30	DANCE FIT	Kirsty	Mustang	17:45-18:30	TOTAL BODY WORKOUT	Elaine	Venom	17:30-18:15	DYNAMIC PUMP	Steffi	Venom
18:00-18:30	CORE	Kim	Venom	17:45-18:30	HYROX FUNDAMENTALS	Alfie	Dakota	17:45-18:30	PILATES	Debbie	Mustang
18:00-18:30	SPIN 30	Alfie	Spin	18:30-19:00	SPIN 30	Helen	Spin	18:15-18:45	SPIN 30	Kim	Spin
18:00-18:30	BARRE CONDITIONING	Tabby	Dakota	18:30-19:15	PILATES	Anthea	Mustang				
18:30-19:00	GLUTES	Kirsty	Mustang	18:30-19:30	BALLET	Pip	Dakota	SATURDAY			
18:30-19:15	SPIN 45	Kim	Spin	19:00-19:45	CIRCUITS	Alfie	Venom	08:15-09:00	BOX FIT	Kim	Venom
18:30-19:15	DYNAMIC PUMP	Steffi	Venom	19:30-20:30	CONTEMPORARY DANCE	Pip	Dakota	08:30-09:30	WAKE UP YOGA	Jim	Mustang
18:30-19:30	HIP HOP DANCE	Tabby	Dakota					09:00-09:45	SPIN 45	Kim	Spin
19:30-20:15	PILATES	Tabby	Mustang					09:45-10:30	DANCE FIT	Tabby	Mustang
19:30-20:30	JAZZ DANCE	Pip	Dakota					10:30-11:15	LEGS, BUMS & TUMS	Anthea	Venom
TUESDAY				THURSDAY				SUNDAY			
06:30-07:00	SPIN 30	Anthea	Spin	08:15-08:45	KETTLEBELLS	Anthea	Venom	08:30-09:15	CIRCUITS	Debbie	Venom
09:00-09:30	SPIN 30	Elaine	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 45	Lisa	Venom	10:15-11:00	PILATES	Elaine	Mustang
09:45-10:30	DANCE FIT	Tabby	Mustang	09:45-10:30	ZUMBA	Steffi	Mustang				
10:30-11:10	ACTIVE MOBILITY	Elaine	Venom	10:30-11:15	PILATES	Christine	Mustang				
10:30-11:30	VINYASA FLOW YOGA	Jenni	Mustang	12:30-13:00	SPIN 30	Jo	Spin	CLASS SCHEDULE – 1st October  health & fitness investing in your life 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. TO BOOK: 01235 772995 info@tfdgym.co.uk			
11:15-11:55	SEATED MOBILITY	Elaine	Venom	17:45-18:15	SPIN 30	Sam	Spin				
12:30-13:15	PILATES	Christine	Mustang	17:45-18:15	HIIT	Kim	Venom				
17:45-18:15	SPIN 30	Steffi	Spin	17:45-18:30	DANCE FIT	Connie	Mustang				
17:45-18:30	PILATES	Anthea	Mustang	17:45-18:30	HYROX PERFORMANCE	Tabby	Dakota				
18:00-18:30	KETTLEBELLS	Calum	Venom	18:30-19:00	KETTLEBELLS	Sam	Venom				
18:30-19:15	DANCE FIT	Hayley	Mustang	18:30-19:30	STRETCH & FLOW	Kirsty	Mustang				
18:30-19:15	STRONG 45	Lisa	Venom	18:30-19:30	COMMERCIAL DANCE	Tabby	Dakota				
18:30-19:00	SPIN 30	Calum	Spin	19:00-19:45	POWER PILATES	Debbie	Venom				
18:30-19:30	TAP DANCE	Amy	Dakota	19:30-20:30	MUSICAL THEATRE JAZZ	Pip	Dakota				
19:15-20:15	FITNESS YOGA	Jim	Mustang								
19:30-20:30	LYRICAL DANCE	Amy	Dakota								