MONDAY			
06:30-07:15	WAKE UP YOGA	Jim	Mustang
09:00-09:30	SPIN 30	Jo	Spin
09:30-10:15	DYNAMIC PUMP	Jo	Venom
10:15-11:00	AEROBICS	Ema	Mustang
10:30-11:15	ACTIVE STRENGTH	Elaine	Venom
11:15-12:00	PILATES	Elaine	Mustang
12.30-13.00	KETTLEBELLS	Kim	Venom
17:45-18:30	DANCE FIT	Kirsty	Mustang
18:00-18:30	CORE	Kim	Venom
18:00-18:30	SPIN 30	Alfie	Spin
18:00:18:30	BARRE CONDITIONING	Tabby	Dakota
18:30-19:00	GLUTES	Kirsty	Mustang
18:30-19:15	SPIN 45	Kim	Spin
18:30-19:15	DYNAMIC PUMP	Steffi	Venom
18:30-19:30	HIP HOP DANCE	Tabby	Dakota
19:30-20:15	PILATES	Tabby	Mustang
19:30-20:30	JAZZ DANCE	Pip	Dakota

TUESDAY			
06:30-07:00	SPIN 30	Anthea	Spin
09:00-09:30	SPIN 30	Elaine	Spin
09:30-10:15	TOTAL BODY WORKOUT	Kim	Venom
09:45-10:30	DANCE FIT	Tabby	Mustang
10:30-11:10	ACTIVE MOBILITY	Elaine	Venom
10:30-11:30	VINYASA FLOW YOGA	Jenni	Mustang
11.15-11:55	SEATED MOBILITY	Elaine	Venom
12:30-13:15	PILATES	Christine	Mustang
17:45-18:15	SPIN 30	Steffi	Spin
17:45-18:30	PILATES	Anthea	Mustang
18:00-18:30	KETTLEBELLS	Calum	Venom
18:30-19:15	DANCE FIT	Hayley	Mustang
18:30-19:15	STRONG 45	Lisa	Venom
18:30-19.00	SPIN 30	Calum	Spin
18:30-19:30	TAP DANCE	Amy	Dakota
19:15-20:15	FITNESS YOGA	Jim	Mustang
19:30-20:30	LYRICAL DANCE	Amy	Dakota

WEDNESDAY			
09:00-09:30	CORE	Jo	Venom
09:30-10:00	SPIN 30	Kim	Spin
09:45-10:30	DYNAMIC PUMP	Jo	Venom
10:00-10:30	BARRE CONDITIONING	Tabby	Dakota
10:30-11:15	PILATES	Steffi	Mustang
12:30-13:00	TOTAL BODY WORKOUT	Kim	Venom
17:45-18:30	ZUMBA	Steffi	Mustang
17:45-18:30	TOTAL BODY WORKOUT	Elaine	Venom
17:45-18:30	HYROX FUNDAMENTALS	Alfie	Dakota
18:30-19:00	SPIN 30	Helen	Spin
18:30-19:15	PILATES	Anthea	Mustang
18:30-19:30	BALLET	Pip	Dakota
19:00-19:45	CIRCUITS	Alfie	Venom
19:30-20:30	CONTEMPORARY DANCE	Pip	Dakota

THURSDAY			
08:15-08:45	KETTLEBELLS	Anthea	Venom
09:00-09:30	SPIN 30	Anthea	Spin
09:30-10:15	STRONG 45	Lisa	Venom
09:45-10:30	ZUMBA	Steffi	Mustang
10:30-11:15	PILATES	Christine	Mustang
12:30-13:00	SPIN 30	Jo	Spin
17:45-18:15	SPIN 30	Sam	Spin
17:45-18:15	HIIT	Kim	Venom
17:45-18:30	DANCE FIT	Connie	Mustang
17:45-18:30	HYROX PERFORMANCE	Tabby	Dakota
18:15-18:45	KETTLEBELLS	Sam	Venom
18:30-19:30	STRETCH & FLOW	Kirsty	Mustang
18:30-19:30	COMMERCIAL DANCE	Tabby	Dakota
19:00-19:45	POWER PILATES	Debbie	Venom
19:30-20:30	MUSICAL THEATRE JAZZ	Pip	Dakota

FRIDAY			
06:30-07:15	WAKE UP WOD	Tabby	Venom
09:00-09:30	SPIN 30	Anthea	Spin
09:30-10:15	TOTAL BODY WORKOUT	Anthea	Venom
09:45-10:30	ACTIVE AEROBICS	Christine	Mustang
10:30-11:15	PILATES	Christine	Mustang
10:30-11:15	PILATES	Jo	Venom
12:30-13:00	CORE	Anthea	Venom
17:30:18:15	DYNAMIC PUMP	Steffi	Venom
17:45-18:30	PILATES	Debbie	Mustang
17:45-18:45	COMMERCIAL JAZZ	Erin	Dakota
18:15-18:45	SPIN 30	Kim	Spin
18:45-19:45	COMMERCIAL HEELS	Erin	Dakota

SATURDAY			
08:15-09:00	BOX FIT	Kim	Venom
08:30-09:30	WAKE UP YOGA	Jim	Mustang
09:00-09:45	SPIN 45	Kim	Spin
09:45-10:30	DANCE FIT	Tabby	Mustang
10:30-11:15	LEGS, BUMS & TUMS	Anthea	Venom

SUNDAY			
08:30-09:15	CIRCUITS	Debbie	Venom
09:30-10:00	SPIN 30	Elaine	Spin
10:15-11:00	PILATES	Elaine	Mustang

CLASS SCHEDULE – 1st November

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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