

MONDAY				WEDNESDAY				FRIDAY			
06:30-07:15	QIGONG	Naomi	Mustang	09:00-09:30	CORE	Jo	Venom	06:30-07:15	CIRCUITS	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	AEROBICS	Christine	Mustang
10:30-11.15	ACTIVE STRENGTH	Alex	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	HYROX	Alfie	Gym	12:30-13:00	CORE	Anthea	Venom
17:45-18:30	DANCE FIT	Kirsty	Mustang	17:45-18:30	SPIN 45	Anthea	Spin	17:30:18:15	DYNAMIC PUMP	Steffi	Venom
18:00-18:30	BARRE CONDITIONING	Tabby	Dakota	17:45-18:30	TOTAL BODY WORKOUT	Elaine	Venom	17:45-18:30	PILATES	Debbie	Mustang
18:00-18:30	CORE	Kim	Venom	17:45-18:30	ZUMBA	Steffi	Mustang	18:00-18:45	COMMERCIAL JAZZ	Erin	Dakota
18:00-18:30	SPIN 30	Alfie	Spin	18:00-18:30	BEGINNERS BALLET	Pip	Dakota	18:15-18:45	SPIN 30	Kim	Spin
18:30-19:00	GLUTES	Kirsty	Mustang	18:30-19:00	SPIN 30	Helen	Spin	18:45-19:45	COMMERCIAL HEELS	Erin	Dakota
18:30-19:15	SPIN 45	Kim	Spin	18:30-19:15	PILATES	Anthea	Mustang	SATURDAY			
18:30-19:15	DYNAMIC PUMP	Steffi	Venom	18:30-19:30	BALLET	Pip	Dakota	08:30-09:15	PILATES	Tabby	Mustang
18:30-19:30	HIP HOP DANCE	Tabby	Dakota	19:00-19:45	CIRCUITS	Alfie	Venom	09:00-09:45	SPIN 45	Kim/Anthea	Spin
19:30-20:15	PILATES	Tabby	Mustang	19:30-20:30	CONTEMPORARY DANCE	Pip	Dakota	09:45-10:30	DANCE FIT	Tabby	Mustang
19:30-20:30	JAZZ DANCE	Pip	Dakota					09:45-10:30	HYROX	Kim/Anthea	Gym
TUESDAY				THURSDAY				10:30-11:15	LEGS, BUMS & TUMS	Anthea	Venom
06:30-07:00	SPIN 30	Anthea	Spin	08:30-09:00	KETTLEBELLS	Anthea	Venom	SUNDAY			
09:00-09:30	SPIN 30	Elaine	Spin	09:00-09:30	SPIN 30	Jo	Spin	08:45-09:30	TOTAL BODY WORKOUT	Elaine	Venom
09:30-10:15	TOTAL BODY WORKOUT	Kim	Venom	09:30-10:15	STRONG 45	Lisa	Venom	09:30-10:00	SPIN 30	Elaine	Spin
09:45-10:30	DANCE FIT	Tabby	Mustang	09:45-10:30	ZUMBA	Steffi	Mustang	09:45-10:30	DANCE FIT	Rosie	Mustang
10:30-11:10	ACTIVE MOBILITY	Elaine	Venom	10:30-11:00	BARRE CONDITIONING	Steffi	Dakota	10:30-11:15	PILATES	Elaine	Mustang
10:30-11:30	VINYASA FLOW YOGA	Jenni	Mustang	10:30-11:15	PILATES	Christine	Mustang	CLASS SCHEDULE – 1st February  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	17:45-18:30	BOXFIT	Kim	Venom				
12:30-13:15	PILATES	Christine	Mustang	17:45-18:30	DANCE FIT	Connie	Mustang				
17:45-18:15	SPIN 30	Steffi	Spin	17:45-18:30	HYROX	Tabby	Gym				
17:45-18:30	PILATES	Anthea	Mustang	18:00-18:30	SPIN 30	Sam	Spin				
18:00-18:30	KETTLEBELLS	Calum	Venom	18:30-19:00	KETTLEBELLS	Sam	Venom				
18:00-18:30	BEGINNERS TAP	Amy	Dakota	18:30-19:30	COMMERCIAL DANCE	Tabby	Dakota				
18:30-19:00	SPIN 30	Calum	Spin	18:30-19:30	STRETCH & FLOW	Kirsty	Mustang				
18:30-19:15	DANCE FIT	Hayley	Mustang	19:00-19:45	POWER PILATES	Debbie	Venom				
18:30-19:15	STRONG 45	Lisa	Venom	19:30-20:30	MUSICAL THEATRE JAZZ	Pip	Dakota				
18:30-19:30	TAP DANCE	Amy	Dakota								
19:15-20:15	VINYASA FLOW YOGA	Hannah	Mustang								
19:30-20:30	LYRICAL DANCE	Amy	Dakota								