MONDAY

06:30-07:00	SPIN 30	Shannon	Spin
09:00-09:30	SPIN 30	Jo	Spin
09:30-10:15	DYNAMIC PUMP	Jo	Venom
10:15-11:00	DANCE FIT	Connie	Mustang
10:30-11.15	SEATED AEROBICS	Elaine	Venom
11:15-12:00	PILATES	Elaine	Mustang
17:45-18:30	DANCE FIT	Hayley	Mustang
18:00-18:30	BARRE CONDITIONING	Tabby	Dakota
18:00-18:30	CORE	Kim	Venom
17:45-18:15	SPIN 30	Alfie	Spin
18:30-19:15	LEGS, BUMS & TUMS	Hayley	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

THURSDAY

08:30-09:00	KETTLEBELLS	Anthea	Venom
09:00-09:30	SPIN 30	Jo	Spin
09:30-10:15	CARDIO COMBAT	Connie	Venom
09:45-10:30	ZUMBA	Steffi	Mustang
10:30-11:00	BARRE CONDITIONING	Steffi	Dakota
10:30-11:15	PILATES	Christine	Mustang
12:30-13:15	POWER PILATES	Anthea	Venom
17:45-18:15	KETTLEBELLS	Sam N	Venom
17:45-18:30	DANCE FIT	Mikey	Mustang
17:45-18:30	HYROX	Tabby	Gym
18:15-19:00	BOXFIT	Kim	Venom
18:30-19:00	SPIN 30	Mikey	Spin
18:30-19:30	COMMERCIAL DANCE	Tabby	Dakota
18:30-19:30	YOGA	Pip	Mustang
19:00-19:45	POWER PILATES	Debbie	Venom
19:30-20:30	MUSICAL THEATRE JAZZ	Pip	Dakota

TUESDAY

09:00-09:30	SPIN 30	Elaine	Spin
09:15-09:45	BARRE CONDITIONING	Tabby	Venom
09:30-10:15	TOTAL BODY WORKOUT	Elaine	Venom
09:45-10:30	DANCE FIT	Tabby	Mustang
10:30-11:15	ACTIVE STRENGTH	Steffi	Venom
10:30-11:30	YOGA	Pip	Mustang
12:30-13:15	PILATES	Christine	Mustang
17:45-18:15	SPIN 30	Steffi	Spin
17:45-18:30	POWER PILATES	Anthea	Mustang
17:45-18:30	CARDIO COMBAT	Connie	Venom
18:30-19:00	KETTLEBELLS	Calum	Venom
18:30-19:00	SPIN 30	Mikey	Spin
18:30-19:15	DANCE FIT	Hayley	Mustang
18:30-19:30	TAP DANCE	Amy	Dakota
19:15-20:15	YOGA	Tash	Mustang
19:30-20:30	LYRICAL DANCE	Amy	Dakota

FRIDAY

06:30-07:15	CIRCUITS	Sam F	Venom
09:00-09:30	SPIN 30	Anthea	Spin
09:30-10:15	TOTAL BODY WORKOUT	Anthea	Venom
09:45-10:30	AEROBICS	Christine	Mustang
10:30-11:15	PILATES	Christine	Mustang
10:30-11:15	PILATES	Jo	Venom
12.45-13.30	QIGONG	Naomi	Venom
17:15-18:00	DYNAMIC PUMP	Steffi	Venom
17:30-18:15	PILATES	Debbie	Mustang
18:15-18:45	SPIN 30	Kim	Spin
18:30-19:30	COMMERCIAL HEELS	Mikey	Dakota

WEDNESDAY

06:30-07:00	SPIN 30	Anthea	Spin
09:00-09:30	CORE	Jo	Venom
09:30-10:00	SPIN 30	Kim	Spin
09:45-10:30	DYNAMIC PUMP	Jo	Venom
10:30-11:15	PILATES	Steffi	Mustang
11.15-12.00	SEATED PILATES	Debbie	Venom
12:30-13:00	TOTAL BODY WORKOUT	Kim	Venom
17:45-18:30	HYROX	Alfie	Gym
17:45-18:30	TOTAL BODY WORKOUT	Elaine	Venom
17:45-18:30	ZUMBA	Steffi	Mustang
18:00-18:30	BARRE CONDITIONING	Pip	Dakota
18:00-18:30	SPIN 30	Shannon	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

SATURDAY

08:15-09:00	HYROX	Anthea	Gym
09:00-09:45	PILATES	Tabby	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

09:45-10:15	SPIN 30	Elaine	Spin
10:30-11:15	PILATES	Elaine	Mustang

CLASS SCHEDULE – 1st November

TO BOOK: 01235 772995 info@tfdgym.co.uk

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*New or recently changed classes highlighted in red