

Fitness Classes

Something for everyone!

Winter Timetable

Jan Feb Mar
Valid from 7th Jan 2019

Day	Time	Duration	Class	Level	Instructor	
Mon	9:30	45 Min	Aerotone	<i>Low/med aerobic class incorporating dumbbells to increase energy & tone</i>	ALL	Karen
	10:15	45 Min	Core Conditioning	<i>Focus on a healthy back, flexibility and strength</i>	ALL	Karen
	17:30	1 Hour	Raise the Bar	<i>A freestyle barbell class that will strengthen, tone & condition</i>	ALL	Amin
	18:30	45 Min	Core, Flex & Stretch	<i>Bend, stretch and strengthen with resistance bands</i>	ALL	Amin
	19:15	45 Min	Step	<i>A high intensity, fat burning aerobic workout</i>	ALL	Rachel
	20:00	45 Min	Kettlebells	<i>Dynamic whole-body class that delivers cardio, strength & flexibility</i>	ALL	Rachel
Tue	10:00	1 Hour	Total Tone	<i>A blend of cardio and weights to tone up and increase fitness levels</i>	ALL	Michelle
	17:45	45 Min	50/50	<i>50% cardio + 50% weights = 100% sweat and energy</i>	ALL	Tina
	18:30	30 Min	Fight Club	<i>High intensity, high energy combat class, combining different styles</i>	ALL	Tina
	19:00	30 Min	Dancefit	<i>Have fun with a fusion of different dance styles aimed to increase fitness</i>	ALL	Jenna
	19:30	1 Hour	PiYo	<i>An energetic, low impact fusion of Pilates & Yoga exercises</i>	ALL	Jenna
Wed	9:30	1½ Hrs	Pilates & Relaxation	<i>Focused exercise that creates stability, strength & flexibility</i>	ALL	Gaynor
	17:45	45 Min	Step HIIT Up	<i>High intensity interval training using a step. Push it to the limit!</i>	2 & 3	Tina
	18:30	1 Hour	Zumba	<i>Dance to the beats of flamenco & salsa in this Latin American workout</i>	ALL	Sophia
	19:45	1 Hour	Pole Fun	<i>Fun exercises on a vertical pole (beginners contact reception)</i>	1 & 2	Tina
Thu	10:00	1 Hour	50/50	<i>50% cardio + 50% weights = 100% sweat and energy</i>	ALL	Tina
	17:45	1 Hour	Total Tone	<i>A blend of cardio and weights to tone up and increase fitness levels</i>	ALL	Michelle
	18:45	30 Min	HIIT	<i>High intensity interval training - push your fitness levels to the limit!</i>	2 & 3	Michelle
	19:15	30 Min	Fight Club	<i>High intensity, high energy combat class, combining different styles</i>	ALL	Michelle
	19:45	1 Hour	Raise the Bar	<i>A freestyle barbell class that will strengthen, tone & condition</i>	ALL	Faye
Fri	9:30	45 Min	Total Tone	<i>Blend of cardio and weights to tone up and increase fitness levels</i>	ALL	Phillip
	10:15	45 Min	Sculpt	<i>Carve your body into shape with a yoga inspired workout</i>	ALL	Phillip
Sat	9:30	45 Min	Latin Fit	<i>Strut your stuff in this Latin inspired dance class</i>	ALL	Shell
	10:15	45 Min	Stretch, Breathe, Relax	<i>Reduce stress and tension from the mind and body</i>	ALL	Shell
Sun	10:00	1 Hour	Circuits	<i>Rotate through aerobic, muscle strengthening and toning stations</i>	ALL	Chloe
	11:00	1 Hour	Total Tone	<i>A blend of cardio and weights to tone up and increase fitness levels</i>	ALL	Amin

LEVEL 1 = EASY LEVEL 2 = FAIRLY HARD LEVEL 3 = HARD (Get in touch if you need advice!)

TFB MEMBERS CAN BOOK CLASSES UP TO 5 DAYS IN ADVANCE - NON MEMBERS UP TO 3 DAYS IN ADVANCE