

studio classes
@tfc

	7.15	11.15	12.15	1.00	5.30	6.00	7 - 9
Mon			Christine Cardio	Ab Attack	Beginners [*] Spin	TFC HIIT [*]	Studio Hire
Tues	Spin & Core	Advanced Pilates [*]	Studio X-Fit	Spin		Reggaeize [*]	Studio Hire
Wed			Cardio Total Body	Spin	Pilates [*]	Dom's Circuit [*] 6.30-7.30	Kung Fu [*] 7.30 - 9
Thurs	X-Fit	Flex & Move 10.15 -11	Bootcamp	Pilates [*]	Dora's Cardio [*]	Pilates T-Stretch [*]	Kung Fu [*] 7.30 - 9
Fri	Gym Weights		Gym Weights				
Sat		Total Body [*]		Kung Fu			
Sun		Studio Hire	Studio Hire	Studio Hire			

All classes are free to members (except Kung Fu & Reggaeize)
 All classes marked * are open to non members
 Non Members £5.00 per class

OPENING TIMES

Mon - Thurs 7.00 am - 9.00 pm
 Friday 7.00 am - 7.00 pm
 Sat - Sun 10.00 am - 4.00 pm

 Club Closed

www.tfcl.co.uk 0114 275 3755