

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15	Bootcamp 7.15-8.00	CGD Spin n Core 7.15-8.00	Cyclebox 7.15-8.00	CDG X-fit 7.15-8.00	Gym Weights 7.15-8.00		
10.00							Ink** 10.00-11.00
10.30						Bootcamp 10.30-11.15	
11.00							Ink** 11.00-12.00
11.15		Pilates 11.15-12.00				Dora's Full Body Blitz 11.15-12.30	
12.00							Ink** 12.00-13.00
12.15	Intervals 12.15-13.00	Intervals 12.15-13.00	Group Blast 12.15-13.00	Bootcamp 12.15-13.00	Intervals 12.15-13.00	Intervals 12.15-13.00	
12.15	Cyclebox 12.15-13.00	PTTC Step n Tone 12.15-13.00	Intervals 12.15-13.00	Intervals 12.15-13.00	Gym Weights 12.15-13.00		
12.30						Cuban Salsa with Macu** 13.30-14.30	
13.00	Abs, Legs & Butt 13.00-13.45	PTTC Spin 13.00-13.45	Intervals 13.00-13.45	Cyclebox 13.00-13.45			Ink** 13.00-14.00
13.00			Spinning 13.00-13.45				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13.30						Cuban Salsa with Macu** 13.30-14.30	
14.00							Ink** 14.00-15.00
15.00							Ink** 15.00-16.00
17.30	Spinning 17.30-18.15	Cyclebox 17.30-18.15	Pilates 17.30-18.30	Dora's Dynamic Body Toning 17.30-18.30			
18.30	Booty Bands & Weights (Female) 18.30-19.15	Reggaeize 18.30-19.30	Bootcamp 16.30-19.15				
19.15	Mash it Up Fitness** 19.15-20.00		Cuban Salsa with Macu** 19.15-21.15				
19.30		Ink** 19.30-21.00		Ink** 19.30-20.30			
20.00	Regga/Dancehall Class** 7.15-8.00						

All classes are free to members
 All classes marked ** are open to non members
 Non Members £5.00 per class

T: 0114 275 3755
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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

TFC
 the fitness club