

# TOFS

7TH FEBRUARY - 12TH JUNE 2022

| <b>CLASSES:</b>             |       |               | <b>SWIMS:</b>    |       |
|-----------------------------|-------|---------------|------------------|-------|
| <b>MONDAY</b>               |       |               | <b>MONDAY</b>    |       |
| TOFS Aerobics               | 08:15 | with Chloe P  | TOFS Swim        | 08:15 |
| TOFS Aerobics               | 09:00 | with Chloe P  | TOFS Swim        | 11:45 |
| TOFS Pilates                | 10:00 | with Sioux    |                  |       |
| TOFS Aqua                   | 11:00 | with Michelle |                  |       |
| <b>TUESDAY</b>              |       |               | <b>TUESDAY</b>   |       |
| TOFS Yoga Mixed Ability     | 08:00 | with Linzi    | TOFS Swim        | 11:15 |
| TOFS Aqua                   | 08:15 | with KariAnne | TOFS Swim        | 12:00 |
| TOFS Yoga Beginners         | 09:00 | with Olga     | TOFS / Open Swim | 19:15 |
| TOFS Zumba                  | 10:00 | with Rochelle |                  |       |
| TOFS Strength & Tone        | 11:00 | with Rochelle |                  |       |
| TOFS Spin                   | 12:00 | with KariAnne |                  |       |
| <b>WEDNESDAY</b>            |       |               | <b>WEDNESDAY</b> |       |
| TOFS Circuits               | 08:00 | with Rochelle | TOFS Swim        | 10:00 |
| TOFS Tai Chi                | 09:00 | with Rob      | TOFS Swim        | 10:45 |
| TOFS Aqua                   | 09:00 | with Michelle | TOFS / Open Swim | 14:15 |
| TOFS Yoga Mixed Ability     | 09:00 | with Olga     |                  |       |
| TOFS Pilates                | 10:05 | with Michelle |                  |       |
| TOFS Pilates                | 11:00 | with Andrea   |                  |       |
| <b>THURSDAY</b>             |       |               | <b>THURSDAY</b>  |       |
| TOFS Swiss Ball /Body Blast | 09:00 | with Rochelle | TOFS Swim        | 09:00 |
| TOFS Zumba                  | 10:00 | with Rochelle | TOFS Swim        | 09:45 |
| TOFS Strength & Tone        | 11:00 | with Michelle |                  |       |
| <b>FRIDAY</b>               |       |               | <b>FRIDAY</b>    |       |
| TOFS Yoga Mixed Ability     | 09:00 | with Olga     | TOFS Swim        | 11:15 |
| TOFS Core & More            | 10:00 | with Rochelle | TOFS Swim        | 12:00 |
| TOFS Aerobics               | 11:00 | with Chloe P  |                  |       |
| <b>SATURDAY</b>             |       |               | <b>SATURDAY</b>  |       |
|                             |       |               | TOFS Swim        | 11:15 |
|                             |       |               | TOFS Swim        | 12:00 |

ALL SESSIONS ARE INCLUDED IN OUR TOFS MEMBERSHIP. TOFS MEMBERS CAN BOOK ONLINE.