

TDF Class Schedule

(Click PDF Image To See Full Schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
5:00am	Spin	Spin	Spin	Spin	Spin		
5:30am	Circuit	Circuit	Circuit	Circuit	Circuit		
6:00am			Rep Effect 45 min (Mel)				
7:00am	Spin (7:15) Barb		Spin (7:15) Barb		Spin (7:15) Barb	Spin (7:15) Tim	
8:00am	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	
8:45am	Tabata Core (Tim)		Tabata Core (Tim)				
9:00am					Spin (Mel)	Beatz Boxing	
9:30am					Core W/Mel		
10:00am	Rep Effect 1 Hour					Dance2Fit/ Zumba (Rotates) 1 Hour	
10:30am							
11:00am		DarFit 11:15					
11:30am							
12:00pm	Spin (Tim)	Spin (Tim) /Abs with Dar	Spin (Tim)	Spin (Tim)	Spin (Tim)		
12:30pm	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)		
1:00pm							
4:00pm				Xpress Rep 4:15-5 (Dawn)			
4:30pm		Xpress Rep (Mel)					

TDF Class Schedule

(Click PDF Image To See Full Schedule)

	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday	Sun
5:00pm	Spin (Tim)	Spin (Mel)	Spin (Tim)	Spin (Mel)			
5:30pm	Circuit (Tim)	Fit Over-50 Circuit (Lee)	Circuit (Tim)	Fit Over-50 Circuit (Lee)			
6:00pm	BeatzBox (Dar)	Dance2Fit (6-7)	BeatzBox (Dar)	DarFit HITT (6:00)			
7:00pm							

- *Personal and small group training available
- *24 Hour Open Gym Memberships available
- *NBW (Natural Body Weight)

TimDorseyFitness.com

Join Remind me App for schedule changes:

www.Remind.com/join/tdf1