

# TDF Class Schedule

(Click PDF Image To See Full Schedule)

	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday	Sun
<b>5:00am</b>	Spin	Spin	Spin	Spin	Spin		
<b>5:30am</b>	Circuit	Circuit	Circuit	Circuit	Circuit		
<b>6:00am</b>			Rep Effect 45 min (Mel)				
<b>7:00am</b>	Spin (7:15) Barb		Spin (7:15) Barb			Spin 7 Cir- cuit 730	
<b>8:00am</b>			Circuit		Circuit	FIIT Fusion (Paige)	Strong Nation (April)
<b>8:30am</b>	Cardio Kickboxing				Cardio Kickboxing	Morning Mobility (Paige)	
<b>9:00am</b>	Circuit		Circuit		Spin (Mel)	Beatz Boxing	
<b>9:30am</b>	Spin	FIIT Fusion	Spin	FIIT Fusion	Core/XPR Alternating (Mel)		
<b>10:00am</b>	Rep Effect 1 Hour		Barre (Renee)			Dance2Fit Alt EOW	
<b>10:30am</b>							
<b>11:00am</b>	Yoga	DarFit/Abs 11:15					
<b>11:30am</b>							
<b>12:00pm</b>	Zumba 12:15						
<b>12:30pm</b>							
<b>1:00pm</b>							
<b>4:00pm</b>		Rep (4:15) (Aprill)		Strong Nation (April)			
<b>4:30pm</b>							

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00pm	Zumba 1Hr (Mel)	Spin (Kacie)	Spin (Liz)				
5:30pm		Circuit (Lee)		Circuit (Lee)			
6:00pm	BeatzBox (Dar)	Dance2Fit (6-7) Alt-Stong EOW	BeatzBox (Dar)	DarFit HITT (6:00)			
7:00pm		Athlete S&C Bray		Athlete S&C Bray			

- \*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](http://www.Remind.com/join/tdf1)