

TDF Class Schedule

(Click PDF Image To See Full Schedule)

	Monday	Tuesday	Wednes- day	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) (Tim)	Spin (7:15) Barb	Spin (7:15) (Tim)	Spin (7:15) Barb	Spin (7:15)	
8:00am	Circuit (Tim)	HIIT (Paige)	Circuit (Tim)	HIIT (Paige)	Circuit (Tim)	Zumba/ Rep Alter- nating (Mel)	Strong Nation (April)
8:30am	Core (Tim)	Morning Mobility (Paige)	Core (Tim)	Morning Mobility (Paige)	Core (Tim)	Morning Mobility (Paige)	
9:00am	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Spin Mel	Beatz Boxing	
9:30am	Spin (Tim)	Kickboxing/ Core (Tim)	Spin (Tim)	Kickboxing/ Core (Tim)	Core/XPR Alternating (Mel)		
10:00am	Rep Effect 1 Hour	Pilates (Nikki)	Barre (Renee)	Pilates (Nikki)		Dance2Fit Alt EOW	
10:30am							
11:00am		DarFit/Abs 11:15					
11:30am							
12:00pm	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)			
12:30pm							
1:00pm							
4:00pm		Rep (4:15) (Mel)		Strong Nation (April)			
4:30pm							

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5:00pm	Zumba 1Hr (Mel)	Spin (Mel)	Spin				
5:30pm		Circuit (Lee)		Circuit (Lee)			
6:00pm	BeatzBox (Dar)	Dance2Fit (6-7) Alt- Stong EOW	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