

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	TRX (7:15) Beth	Spin (7:15) Barb	TRX (7:15) Beth	Spin (7:15) Barb	Spin (7:15)	
8:00am	Circuit (Kyle)		Circuit (Kyle)		Circuit (Kyle)	Zumba/ Rep Alternating (Mel)	Strong Nation April
8:30am							
9:00am					Spin Mel	Beatz Boxing	
9:30am					Core/XPR Alternating (Mel)		
10:00am	Rep Effect 1 Hour		Barre (Renee)			Dance2Fit Alt week- ends	
10:30am							
11:00am		DarFit 11:15					
11:30am							
12:00pm		Spin (Kyle) /Abs with Dar		Spin			
12:30pm		Circuit		Circuit			
1:00pm							
4:00pm		Rep (4:15) Mel		Strong Nation April			
4:30pm							

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00pm	Zumba 1Hr (Mel)	Spin (Mel)	Spin	Spin (Dawn)			
5:30pm		Fit Over-50 Circuit (Lee)		Fit Over-50 Circuit (Lee)			
6:00pm	BeatzBox (Dar)	Dance2Fit (6-7)	BeatzBox (Dar)	DarFit HITT (6:00)			
7:00pm	Athlete Class (Brayden)		Athlete Class (Brayden)				

*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