

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) Barb | | Spin (7:15) Barb | Spin (7:15) | |
| 8:00am | Circuit | Cardio/Core | Circuit | Butts/Guts | Circuit | Zumba/ Rep Alter- nating (Mel) | Strong Nation (April) |
| 8:30am | Cardio Kickboxing | | Cardio Kickboxing | | Cardio Kickboxing | Morning Mobility (Paige) | |
| 9:00am | Circuit | | Circuit | | Spin (Mel) | Beatz Boxing | |
| 9:30am | Spin | FIIT Fusion (930-1030) | Spin | FIIT Fusion (930-1030) | Core/XPR Alternating (Mel) | | |
| 10:00am | Rep Effect 1 Hour | | Barre (Renee) | | | Dance2Fit Alt EOW | |
| 10:30am | | | | | | | |
| 11:00am | | DarFit/Abs 11:15 | | | | | |
| 11:30am | | | | | | | |
| 12:00pm | Circuit | | Circuit | | Circuit | | |
| 12:30pm | | | | | | | |
| 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 | | | | |
| 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