

# 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 1 hour				
<b>7:00am</b>	Spin (7:15) Barb		Spin (7:15) Barb		Spin (7:15) Barb	Spin (7:15) Tim	
<b>8:00am</b>	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	
<b>8:30am</b>							
<b>9:00am</b>		Kickboxing (Kyle)				Beatz Boxing	
<b>9:30am</b>					Strong30 W/Mel		
<b>10:00am</b>	Rep Effect 1 Hour		Rep Effect 1 hour			Dance2Fit 1 Hour	
<b>10:30am</b>							
<b>11:00am</b>		DarFit 11:15				Rep Effect 1 Hour (11:15)	
<b>11:30am</b>							
<b>12:00pm</b>	SpinBox (Kyle)	SpinBox (Kyle) /Abs with Dar	SpinBox (Kyle)	SpinBox (Kyle)	SpinBox (Kyle)		
<b>12:30pm</b>	Circuit (Kyle)	Circuit (Kyle)	Circuit (Kyle)	Circuit (Kyle)	Circuit (Kyle)	Young Athlete (Bray)	
<b>1:00pm</b>							
<b>4:00pm</b>					MFR (Kyle)		
<b>4:30pm</b>	MFR (Kyle)	Express Rep (Mel)	MFR (Kyle)	Express Rep (Mel)	Circuit (Kyle)		
<b>5:00pm</b>	Circuit (Kyle)	Spin (Mel)	Circuit (Kyle)	Spin (Mel)			

# TDF Class Schedule

(Click PDF Image To See Full Schedule)

	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday	Sun
5:30pm		Fit Over-50 (Lee)		Fit Over-50 (Lee)			
6:00pm	BeatzBox (Dar)	Fit Over-50 (6:15) (Lee)  Dance2Fit (6-7)	BeatzBox (Dar)	Fit Over-50 (6:15) (Lee)  DarFit HITT (6:00)			
7:00pm	Young Athlete (Bray)		Young Athlete (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)