

TDF Class 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 1 hour		Rep Effect 1 hour		
7:00am	Spin (7:15)		Spin (7:15)		Spin (7:15)	Spin (7:15)	
8:00am	Circuit	Circuit	Circuit	Circuit	Circuit	Circuit	
8:30am	Core w/ Kyle	Kickboxing	Core w/ Kyle	Kickboxing	Core w/ Kyle	Kickboxing	
9:00am						Beatz Boxing	
9:30am							
10:00am					Strong30 W/Mel	Dance2Fit 1 Hour	
10:30am	Rep Effect 1 Hour						
11:00am						Rep Effect 1 Hour (11:15)	
11:30am							
12:00pm	SpinBox	SpinBox/ Abs with Dar	SpinBox	SpinBox	SpinBox		
12:30pm	Circuit	Circuit	Circuit	Circuit	Circuit		
1:00pm			Rep Effect 1 hour		Rep Effect 1 hour		
4:00pm		Rep Effect 1 Hour		Rep Effect 1 Hour	Circuit		
4:30pm	Kickboxing		Kickboxing				
5:00pm	Circuit	Circuit	Circuit	Circuit			
5:30pm	KettleBell AMPD	Spin	KettleBell AMPD	Spin			
6:00pm	BeatzBox	Dance2Fit (6:15)	BeatzBox	DarFit HITT			

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- *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