

# 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>							
<b>7:00am</b>	Spin (730)		Spin (730)		Spin (730)	Spin 7 Circuit 730	
<b>8:00am</b>	Circuit	Circuit	Circuit	Circuit	Circuit	FIIT Fusion (Paige)	Rep (April)
<b>8:30am</b>						Morning Mobility (Paige)	
<b>9:00am</b>			Spin (Renee)		Spin (Mel)	Beatz Boxing	
<b>9:30am</b>	Spin	FIIT Fusion	Barre 9:45 (Renee)	FIIT Fusion	Repp Al- ternating weeks (Mel)		
<b>10:00am</b>	Rep (Mel) 1 Hour	DarFit/Core					
<b>10:30am</b>							
<b>11:00am</b>							
<b>11:30am</b>							
<b>12:00pm</b>							
<b>12:30pm</b>							
<b>1:00pm</b>							
<b>4:00pm</b>	Circuit (415)	Rep (4:15) (April)	Circuit (415)	Rep (4:15) (April)			
<b>4:30pm</b>							
<b>5:00pm</b>	Zumba 1Hr (Mel)	Spin	Spin				

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5:30pm		Circuit (Lee)		Circuit (Lee)			
6:00pm	BeatzBox (Dar)	Zumba (Un- til the end of April)	BeatzBox (Dar)	DarFit HITT (6:00)			
7:00pm		Athlete S&C Bray	Pilates (Paige)	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](http://www.Remind.com/join/tdf1)