

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 Cir- cuit 730	
8:00am			Circuit		Circuit	FIIT Fusion (Paige)	Rep (April)
8:30am	Cardio Kickboxing				Cardio Kickboxing	Morning Mobility (Paige)	
9:00am	Circuit		Circuit		Spin (Mel)	Beatz Boxing	
9:30am	Spin	FIIT Fusion	Spin	FIIT Fusion	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							
12:30pm							
1:00pm							
4:00pm		Rep (4:15) (Aprill)		Strong Nation (April)			
4:30pm							
5:00pm	Zumba 1Hr (Mel)	Spin (Kacie)	Spin (Liz)				

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	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday	Sun
5:30pm		Circuit (Lee)		Circuit (Lee)			
6:00pm	BeatzBox (Dar)	Dance2Fit (6-7) and Line Danc- ing 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