

# 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 45 min (Mel)				
<b>7:00am</b>	Spin (7:15) Barb	Spin (7:15) (Tim)	Spin (7:15) Barb	Spin (7:15) (Tim)	Spin (7:15) Barb	Spin (7:15)	
<b>8:00am</b>	Circuit (Tim)	HIIT (Paige)	Circuit (Tim)	HIIT (Paige)	Circuit (Tim)	Zumba/ Rep Alter- nating (Mel)	Strong Nation (April)
<b>8:30am</b>	Myofascial Release (Kyle)	Morning Mobility (Paige)	Myofascial Release (Kyle)	Morning Mobility (Paige)	Myofascial Release (Kyle)	Morning Mobility (Paige)	
<b>9:00am</b>	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Spin Mel	Beatz Boxing	
<b>9:30am</b>	Spin (Tim)	Kickboxing/ Core (Tim)	Spin (Tim)	Kickboxing/ Core (Tim)	Core/XPR Alternating (Mel)		
<b>10:00am</b>	Rep Effect 1 Hour	Pilates (Nikki)	Barre (Renee)	Pilates (Nikki)		Dance2Fit Alt EOW	
<b>10:30am</b>							
<b>11:00am</b>		DarFit/Abs 11:15					
<b>11:30am</b>	SpinBoxing (Tim)	Spin (Kyle)	SpinBox- ing (Tim)	Kickboxing (Kyle)			
<b>12:00pm</b>	Circuit (Tim)	Circuit (Kyle)	Circuit (Tim)	Circuit (Kyle)			
<b>12:30pm</b>							
<b>1:00pm</b>							
<b>4:00pm</b>		Rep (4:15) (Mel)		Strong Nation (April)			
<b>4:30pm</b>	Circuit (Tim)		Circuit (Tim)				

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<b>5:00pm</b>	Zumba 1Hr (Mel)	Spin (Mel)	Spin	Spin (Nikki)			
<b>5:30pm</b>		Circuit (Lee)		Circuit (Lee)			
<b>6:00pm</b>	BeatzBox (Dar)	Dance2Fit (6-7) Alt- Stong EOW	BeatzBox (Dar)	DarFit HITT (6:00)			
<b>7:00pm</b>		Athlete Class		Athlete Class			

\*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)