

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 1 hour		Rep Effect 1 hour		
7:00am	Spin (7:15) Barb	Spin (7:15) Tim	Spin (7:15) Barb	Spin (7:15) Tim	Spin (7:15) Barb	Spin (7:15) Tim	
8:00am	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	Circuit (Tim)	
8:30am	SpinBox (Tim)	Kickboxing & Core (Tim)	SpinBox (Tim)	Kickboxing & Core (Tim)	SpinBox (Tim)	Kickboxing & Core (Tim)	
9:00am	TimCamp 45 min (9:15 Tim)		TimCamp 45 min (9:15 Tim)		TimCamp 45 min (9:15 Tim) Spin (Mel)	Beatz Boxing	
9:30am					Strong30 W/Mel		
10:00am	Rep Effect 1 Hour		Rep Effect 1 hour			Dance2Fit 1 Hour	
10:30am							
11:00am		DarFit 11:15				Rep Effect 1 Hour (11:15)	
11:30am							
12:00pm	SpinBox (Kyle)	SpinBox (Kyle) /Abs with Dar	SpinBox (Kyle)	SpinBox (Kyle)	SpinBox (Kyle)		
12:30pm	Circuit (Kyle)	Circuit (Kyle)	Circuit (Kyle)	Circuit (Kyle)	Circuit (Kyle)		
1:00pm							
4:00pm			DarFit HITT				
4:30pm	Natural Movement (Kyle)	Spin (Mel)	Natural Movement (Kyle)	Spin (Mel)	Natural Movement (Kyle)		

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5:00pm	Circuit (Kyle)	Rep Effect 1 hour (Mel)	Circuit (Kyle)	Rep Effect 1 hour (Mel)			
5:30pm	Spin (Kyle)		Spin (Kyle)				
6:00pm	BeatzBox (Dar)	Fit Over-50 (6:00) Dance2Fit (6:15)	BeatzBox (Dar)	Fit Over-50 (6:00) DarFit HITT (6:00)			

*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