

TDF Class Schedule

(Click PDF Image To See Full Schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
5:00am	Spin	Spin	Spin	Spin	Spin		
5:30am	Circuit	Circuit	Circuit	Circuit	Circuit		
6:00am	Spin		Spin				
7:00am	Spin (730)	Spin	Spin (730)	Spin	Spin (730)	Spin 7 Circuit 730	
8:00am	Circuit	Circuit	Circuit	Circuit	Circuit	FIIT Fusion (Paige)	Rep (April)
8:30am		KickBoxing		Kickboxing		Morning Mobility (Paige)	
9:00am			Spin (Renee)		Spin (Mel)	Beatz Boxing	
9:30am	Spin	FIIT Fusion	Barre 9:45 (Renee)	Spin	Repp Al- ternating weeks (Mel)		
10:00am	Rep (Mel) 1 Hour	DarFit/Core					
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm							
4:00pm		Rep (4:15) (April)		Rep (4:15) (April)			
4:30pm							
5:00pm		Spin		Spin			

TDF Class Schedule

(Click PDF Image To See Full Schedule)

	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday	Sun
5:30pm	12 Pounds and Down	Circuit (Lee)	12 Pounds and Down	Circuit (Lee)			
6:00pm	BeatzBox (Dar)		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