

JULY 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|--|---|--------------------------|--|
| | | | | | | 9:30 Power Sculpt 1 NOTE: 1 CLASS ONLY |
| 2 8:45 Cardio Sculpt30 9:15 Stretch30 | 3 8:30 TBW45 | 4 NO CLASS TODAY HAPPY 4TH OF JULY! | 5 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 6 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Pound45 | 7 8:30 Cardio Sculpt | 8 8:15 Power Sculpt 9:30 Power Sculpt |
| 9 8:45 Cardio Sculpt | 10 8:30 TBW45 6:00 Cardio Sculpt | 11 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 12 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 13 8:30 Cardio Sculpt 9:30 Barre + Brew 4:45 Power Sculpt Lo 6:00 <i>Cardio Sculpt</i> | 14 8:30 Cardio Sculpt | 15 8:15 Power Sculpt 9:30 Power Sculpt |
| 16 8:45 Cardio Sculpt30 9:15 Stretch30 | 17 8:30 TBW45 6:00 Cardio Sculpt | 18 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 19 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 20 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Pound45 | 21 8:30 Cardio Sculpt | 22 8:15 Power Sculpt 9:30 Power Sculpt |
| 23 8:45 Cardio Sculpt | 24 8:30 TBW45 6:00 Cardio Sculpt | 25 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 26 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 27 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 <i>Cardio Sculpt</i> | 28 8:30 Cardio Sculpt | 29 8:15 Power Sculpt 9:30 Power Sculpt |
| 30 8:45 Cardio Sculpt30 9:15 Stretch30 | 31 8:30 TBW45 6:00 Cardio Sculpt | | | | | |

THE FITNESS STUDIO
TFSDEWITT.COM *of DeWitt*

TRY YOUR FIRST WEEK FREE! Contact Linda at lindaparkinsongray@gmail.com or 517-256-8791.

All classes take place LIVE @ TFS studio. HIIT can also be streamed virtually on the private TFS Community Facebook group for paying members. Schedule is subject to change without notice. Updates are shared in TFS Community Facebook group.

AUGUST 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|--|---|--------------------------|---|
| | | 1 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 2 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 3 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Cardio Sculpt | 4 8:30 Cardio Sculpt | 5 9:30 Class Mash Strength + Stretch |
| 6 8:45 Cardio Sculpt | 7 8:30 TBW45 6:00 Cardio Sculpt | 8 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 9 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 10 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Barre45 | 11 8:30 Cardio Sculpt | 12 8:15 Power Sculpt 9:30 Power Sculpt |
| 13 8:45 Cardio Sculpt30 9:15 Stretch30 | 14 8:30 TBW45 6:00 Cardio Sculpt | 15 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 16 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 17 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Pound45 | 18 8:30 Cardio Sculpt | 19 8:15 Power Sculpt ENJOY THE OX ROAST! |
| 20 8:45 Cardio Sculpt | 21 8:30 TBW45 6:00 Cardio Sculpt | 22 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 23 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 24 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Barre45 | 25 8:30 Cardio Sculpt | 26 8:15 Power Sculpt 9:30 Power Sculpt |
| 27 8:45 Cardio Sculpt30 9:15 Stretch30 | 28 8:30 TBW45 6:00 Cardio Sculpt | 29 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 30 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 31 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Pound45 | | |

THE FITNESS STUDIO
TFSDEWITT.COM *of DeWitt*

TRY YOUR FIRST WEEK FREE! Contact Linda at lindaparkinsongray@gmail.com or 517-256-8791.

All classes take place LIVE @ TFS studio. HIIT can also be streamed virtually on the private TFS Community Facebook group for paying members. Schedule is subject to change without notice. Updates are shared in TFS Community Facebook group.

SEPTEMBER 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|--|---|---|
| | | | | | 8:30 Cardio Sculpt ¹ | 9:30 Power Sculpt ² NOTE: 1 CLASS ONLY |
| 3 8:45 Cardio Sculpt | 4 NO CLASS TODAY HAPPY LABOR DAY! | 5 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 6 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 7 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Barre45 | 8 8:30 Cardio Sculpt | 9 8:15 Power Sculpt 9:30 Power Sculpt |
| 10 8:45 Cardio Sculpt30 9:15 Stretch30 | 11 8:30 TBW45 6:00 Cardio Sculpt | 12 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 13 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 14 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Pound45 | 15 8:30 Cardio Sculpt ANNUAL TFS FEST! | 16 8:15 Power Sculpt 9:30 Power Sculpt |
| 17 8:45 Cardio Sculpt | 18 8:30 TBW45 6:00 Cardio Sculpt | 19 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 20 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 21 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Barre45 | 22 8:30 Cardio Sculpt | 23 8:15 Power Sculpt 9:30 Power Sculpt |
| 24 8:45 Cardio Sculpt30 9:15 Stretch30 | 25 8:30 TBW45 6:00 Cardio Sculpt | 26 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45 | 27 5:15 HIIT 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45 | 28 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Pound45 | 29 8:30 Cardio Sculpt | 30 8:15 Power Sculpt 9:30 Power Sculpt |

THE FITNESS STUDIO
TFSDEWITT.COM *of DeWitt*

TRY YOUR FIRST WEEK FREE! Contact Linda at lindaparkinsongray@gmail.com or 517-256-8791.

All classes take place LIVE @ TFS studio. HIIT can also be streamed virtually on the private TFS Community Facebook group for paying members. Schedule is subject to change without notice. Updates are shared in TFS Community Facebook group.