

# SEPTEMBER 2021

[www.dewittfitnessstudio.com](http://www.dewittfitnessstudio.com) | [lindaparkinsongray@gmail.com](mailto:lindaparkinsongray@gmail.com) | 517-256-8791 | Try your first week free!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	2 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	3 8:30 Dance Mixx	4 NO CLASS – HAPPY LABOR DAY!
5 NO CLASS – HAPPY LABOR DAY!	6 NO CLASS – HAPPY LABOR DAY!	7 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	8 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	9 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	10 8:30 Dance Mixx	11 8:15 Fusion 9:30 Fusion
12 8:45 Dance Mixx	13 8:30 TBW45 4:45 Dance Mixx 6:00 POUND45	14 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	15 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	16 8:30 Dance Mixx 9:30 Barre - CANCELLED 4:45 Lo 6:00 Dance Mixx	17 8:30 Dance Mixx	18 8:15 Fusion 9:30 Fusion
19 8:45 Dance Mixx	20 8:30 TBW45 4:45 Dance Mixx 6:00 Dance Mixx	21 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	22 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	23 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	24 8:30 Dance Mixx	25 8:15 Fusion 9:30 Fusion
26 8:45 Dance Mixx	27 8:30 TBW45 4:45 Dance Mixx 6:00 POUND45	28 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	29 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	30 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	1	2

All classes take place LIVE in the DFS Studio. HIIT can also be streamed virtually on the DFS Community Facebook group. All participants are required to sign-in upon entering the studio for class. Class updates are shared with paying customers in the private DFS Community Facebook group. Class formats are subject to change without notice.

# OCTOBER 2021

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 8:30 Dance Mixx	2 8:15 Fusion 9:30 Fusion
3 8:45 Dance Mixx	4 8:30 TBW45 4:45 Dance Mixx 6:00 Dance Mixx	5 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	6 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	7 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	8 8:30 Dance Mixx	9 8:15 Fusion 9:30 Fusion
10 8:45 Dance Mixx	11 8:30 TBW45 4:45 Dance Mixx 6:00 POUND45	12 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	13 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	14 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	15 8:30 Dance Mixx	16 8:15 Fusion 9:30 Fusion
17 8:45 Dance Mixx	18 8:30 TBW45 4:45 Dance Mixx 6:00 Dance Mixx	19 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	20 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	21 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	22 8:30 Dance Mixx	23 8:15 Fusion 9:30 Fusion
24 8:45 Dance Mixx	25 8:30 TBW45 4:45 Dance Mixx 6:00 POUND45	26 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	27 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	28 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	29 8:30 Dance Mixx	30 8:15 Fusion 9:30 Fusion
31 8:45 Dance Mixx	1	2	3	4	5	6

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# NOVEMBER 2021

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	<b>1</b> 8:30 TBW45 4:45 Dance Mixx 6:00 Dance Mixx	<b>2</b> 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	<b>3</b> 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	<b>4</b> 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	<b>5</b> 8:30 Dance Mixx	<b>6</b> 8:15 Fusion 9:30 Fusion
7 8:45 Dance Mixx	<b>8</b> 8:30 TBW45 4:45 Dance Mixx 6:00 POUND45	<b>9</b> 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	<b>10</b> 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	<b>11</b> 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	<b>12</b> 8:30 Dance Mixx	<b>13</b> 8:15 Fusion 9:30 Fusion
14 8:45 Dance Mixx	<b>15</b> 8:30 TBW45 4:45 Dance Mixx 6:00 Dance Mixx	<b>16</b> 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	<b>17</b> 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	<b>18</b> 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	<b>19</b> 8:30 Dance Mixx	<b>20</b> 8:15 Fusion 9:30 Fusion
21 8:45 Dance Mixx	<b>22</b> 8:30 TBW45 4:45 Dance Mixx 6:00 POUND45	<b>23</b> 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	<b>24</b> 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45 - CANCELLED	<b>25</b> <b>NO CLASS – HAPPY THANKSGIVING!</b>	<b>26</b> 8:30 TURKEY BURNOFF	<b>27</b> 8:15 Fusion 9:30 Fusion
28 8:45 Dance Mixx	<b>29</b> 8:30 TBW45 4:45 Dance Mixx 6:00 Dance Mixx	<b>30</b> 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

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# DECEMBER 2021

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28	29	30	1 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	2 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	3 8:30 Dance Mixx	4 8:15 Fusion - CANCELLED 9:30 HOLIDAY CLASS
5 8:45 Dance Mixx	6 8:30 TBW45 4:45 Dance Mixx 6:00 POUND45	7 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	8 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	9 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	10 8:30 Dance Mixx	11 8:15 Fusion 9:30 Fusion
12 8:45 Dance Mixx	13 8:30 TBW45 4:45 Dance Mixx 6:00 Dance Mixx	14 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	15 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	16 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	17 8:30 Dance Mixx	18 8:15 Fusion 9:30 Fusion
19 8:45 Dance Mixx	20 8:30 TBW45 4:45 Dance Mixx 6:00 POUND45	21 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	22 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	23 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	24 NO CLASS – HAPPY HOLIDAYS!	25 NO CLASS – HAPPY HOLIDAYS!
26 8:45 Dance Mixx	27 8:30 TBW45 4:45 Dance Mixx 6:00 Dance Mixx	28 8:30 Dance Mixx 9:30 Yoga 4:45 Lo 6:00 SHiNE45 7:00 Spin45	29 5:15 HiIT (LIVE & FB) 8:30 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	30 8:30 Dance Mixx 9:30 Barre 4:45 Lo 6:00 Dance Mixx	31 8:30 Dance Mixx	1

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