

JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 NO CLASS TODAY HAPPY NEW YEAR!!	2 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 Cardio Sculpt	3 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	4 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45	5 8:30 Cardio Sculpt 9:30 UPLIFT	6 8:15 Power Sculpt 9:30 Power Sculpt
7 8:45 Cardio + Stretch 10:00 Pound45	8 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	9 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 SHiNE LIGHT45	10 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	11 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	12 8:30 Cardio Sculpt 9:30 UPLIFT	13 8:15 Power Sculpt 9:30 Power Sculpt
14 8:45 Cardio Sculpt 10:00 Interval Spin45	15 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	16 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 Cardio Sculpt	17 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	18 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45	19 8:30 Cardio Sculpt 9:30 UPLIFT	20 8:15 Power Sculpt 9:30 Power Sculpt
21 8:45 Cardio + Stretch 10:00 Pound45	22 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	23 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 SHiNE LIGHT45	24 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	25 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	26 8:30 Cardio Sculpt 9:30 UPLIFT	27 8:15 Power Sculpt 9:30 Power Sculpt
28 8:45 Cardio Sculpt 10:00 Interval Spin45	29 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	30 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 Cardio Sculpt	31 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45			

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 (inside Conquest). Schedule is subject to change without notice. Updates are shared in private TFS Community Facebook group for paying members.

FEBRUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45	2 8:30 Cardio Sculpt 9:30 UPLIFT	3 8:15 Power Sculpt 9:30 Power Sculpt
4 8:45 Cardio + Stretch 10:00 Pound45	5 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	6 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 SHiNE LIGHT45	7 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	8 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	9 8:30 Cardio Sculpt 9:30 UPLIFT	10 8:15 Power Sculpt 9:30 Power Sculpt
11 8:45 Cardio Sculpt 10:00 Interval Spin45	12 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	13 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 Cardio Sculpt	14 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	15 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45	16 8:30 Cardio Sculpt 9:30 UPLIFT	17 8:15 Power Sculpt 9:30 Power Sculpt
18 8:45 Cardio + Stretch 10:00 Pound45	19 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	20 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 SHiNE LIGHT45	21 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	22 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	23 8:30 Cardio Sculpt 9:30 UPLIFT	24 8:15 Power Sculpt 9:30 Power Sculpt
25 8:45 Cardio Sculpt 10:00 Interval Spin45	26 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	27 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 Cardio Sculpt	28 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	29 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45		

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 (inside Conquest). Schedule is subject to change without notice. Updates are shared in private TFS Community Facebook group for paying members.

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					8:30 Cardio Sculpt 9:30 UPLIFT 1	8:15 Power Sculpt 9:30 Power Sculpt 2
3 8:45 Cardio + Stretch 10:00 Pound45	4 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	5 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 SHiNE LIGHT45	6 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 Cardio Sculpt Lo 6:00 Barre45	8 8:30 Cardio Sculpt 9:30 UPLIFT	9 8:15 Power Sculpt 9:30 Power Sculpt
10 8:45 Cardio Sculpt 10:00 Interval Spin45	11 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	12 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 Cardio Sculpt	13 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 Cardio Sculpt Lo 6:00 Pumped Up45	15 8:30 Cardio Sculpt 9:30 UPLIFT	16 8:15 Power Sculpt 9:30 Power Sculpt
17 8:45 Cardio + Stretch 10:00 Pound45	18 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	19 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 SHiNE LIGHT45	20 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 Cardio Sculpt Lo 6:00 Barre45	22 8:30 Cardio Sculpt 9:30 UPLIFT	23 8:15 Power Sculpt 9:30 Power Sculpt
24 8:45 Cardio Sculpt 10:00 Interval Spin45	25 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	26 8:30 Cardio Sculpt 9:30 Yoga 10:45 Bodies in Motion 4:45 Cardio Sculpt Lo 6:00 Cardio Sculpt	27 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 Cardio Sculpt Lo 6:00 Pumped Up45	29 8:30 Cardio Sculpt 9:30 UPLIFT	30 8:15 Power Sculpt 9:30 Power Sculpt
NO CLASS TODAY 31 HAPPY EASTER!						

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 (inside Conquest). Schedule is subject to change without notice. Updates are shared in private TFS Community Facebook group for paying members.