

# APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	2 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	3 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	4 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	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 4:45 Cardio Sculpt Lo 6:00 SHiNE45	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 Pumped Up45	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 4:45 Cardio Sculpt Lo 6:00 SHiNE45	17 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	18 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	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 4:45 Cardio Sculpt Lo 6:00 SHiNE45	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 Pumped Up45	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 4:45 Cardio Sculpt Lo 6:00 SHiNE45				

**THE FITNESS STUDIO**  
TFSDEWITT.COM *of DeWitt*

**TRY YOUR FIRST WEEK FREE!** Contact Linda at [lindaparkinsongray@gmail.com](mailto: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.

# MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	2 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	3 8:30 Cardio Sculpt 9:30 Sculpt45	4 8:15 Power Sculpt 9:30 Power Sculpt
5 8:45 Cardio + Stretch 10:00 Pound45	6 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	7 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	8 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	9 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45	10 8:30 Cardio Sculpt 9:30 UPLIFT	11 8:15 Power Sculpt 9:30 Power Sculpt
12 8:45 Cardio Sculpt 10:00 CANCELLED	13 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	14 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	15 8:30 Cardio Sculpt 9:30 Interval Spin 6:00 Cardio Sculpt 7:00 Sculpt45	16 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	17 8:30 Cardio Sculpt 9:30 UPLIFT	18 8:15 Power Sculpt 9:30 Power Sculpt
19 8:45 Cardio + Stretch 10:00 Pound45	20 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	21 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	22 8:30 Cardio Sculpt 9:30 Interval Spin 6:00 Cardio Sculpt 7:00 Sculpt45	23 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45	24 8:30 Cardio Sculpt 9:30 UPLIFT	25 8:15 Power Sculpt 9:30 Power Sculpt
26 8:45 Cardio Sculpt 10:00 Interval Spin45	27 NO CLASS TODAY Happy Memorial Day!	28 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	29 8:30 Cardio Sculpt 9:30 Interval Spin 6:00 Cardio Sculpt 7:00 Sculpt45	30 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45	31 8:30 Cardio Sculpt 9:30 UPLIFT	

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# JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 8:45 Cardio + Stretch	3 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	4 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	5 8:30 Cardio Sculpt 9:30 Interval Spin 6:00 Cardio Sculpt 7:00 Sculpt45	6 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	7 8:30 Cardio Sculpt 9:30 UPLIFT	8 8:15 Power Sculpt 9:30 Power Sculpt
9 8:45 Cardio Sculpt 10:00 Interval Spin45	10 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	11 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	12 8:30 Cardio Sculpt 9:30 Interval Spin 6:00 Cardio Sculpt 7:00 Sculpt45	13 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45	14 8:30 Cardio Sculpt 9:30 UPLIFT	15 8:15 Power Sculpt 9:30 Power Sculpt
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23 8:45 Cardio Sculpt 10:00 Interval Spin45	24 8:30 TBW45 9:30 SHiNE 6:00 Cardio Sculpt	25 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	26 8:30 Cardio Sculpt 9:30 Interval Spin 6:00 Cardio Sculpt 7:00 Sculpt45	27 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45	28 8:30 Cardio Sculpt 9:30 UPLIFT	29 8:15 Power Sculpt 9:30 Power Sculpt
30 8:45 Cardio + Stretch						

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