

JULY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 8:30 TBW45 9:30 SHiNE45 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 TBW45 6:00 Cardio Sculpt 7:00 Sculpt45	4 NO CLASS TODAY Happy 4th of July!	5 8:30 Cardio Sculpt 9:30 UPLIFT	6 9:30 Power Sculpt
7 8:45 Cardio + Stretch	8 8:30 TBW45 9:30 SHiNE45 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 6:00 Cardio Sculpt 7:00 Sculpt45	11 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 PumpedUp 45	12 8:30 Cardio Sculpt 9:30 UPLIFT	13 9:30 Power Sculpt
14 8:45 Cardio Sculpt	15 8:30 TBW45 9:30 SHiNE45 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 6:00 Cardio Sculpt 7:00 Sculpt45	18 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	19 8:30 Cardio Sculpt 9:30 UPLIFT	20 9:30 Power Sculpt
21 8:45 Cardio + Stretch	22 8:30 TBW45 9:30 SHiNE45 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 UPLIFT 6:00 Cardio Sculpt 7:00 Sculpt45	25 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45	26 8:30 Cardio Sculpt 9:30 UPLIFT	27 9:30 Power Sculpt
28 8:45 Cardio Sculpt	29 8:30 TBW45 9:30 SHiNE45 6:00 Cardio Sculpt	30 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	31 8:30 Cardio Sculpt 9:30 Interval Spin 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 studio. Schedule is subject to change without notice.

Updates are shared in TFS Community Facebook group.

AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	2 8:30 Cardio Sculpt 9:30 UPLIFT	3 9:30 Power Sculpt 11:00 TFS SOCIAL DETAILS TO FOLLOW
4 8:45 Cardio + Stretch	5 8:30 TBW45 9:30 SHiNE45 6:00 Cardio Sculpt	6 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	7 8:30 Cardio Sculpt 9:30 UPLIFT 6:00 Cardio Sculpt 7:00 Sculpt45	8 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 PumpedUp 45	9 8:30 Cardio Sculpt 9:30 UPLIFT	10 9:30 Power Sculpt
11 8:45 Cardio Sculpt	12 8:30 TBW45 9:30 SHiNE45 6:00 Cardio Sculpt	13 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	14 8:30 Cardio Sculpt 9:30 Interval Spin 6:00 Cardio Sculpt 7:00 Sculpt45	15 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	16 8:30 Cardio Sculpt 9:30 UPLIFT	17 9:30 Power Sculpt
18 8:45 Cardio + Stretch	19 8:30 TBW45 9:30 SHiNE45 6:00 Cardio Sculpt	20 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	21 8:30 Cardio Sculpt 9:30 Interval Spin 6:00 Cardio Sculpt 7:00 Sculpt45	22 8:30 Cardio + Stretch 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Pumped Up45	23 8:30 Cardio Sculpt 9:30 UPLIFT	24 9:30 Power Sculpt
25 8:45 Cardio Sculpt	26 8:30 TBW45 9:30 SHiNE45 6:00 Cardio Sculpt	27 8:30 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	28 8:30 Cardio Sculpt 9:30 Interval Spin 6:00 Cardio Sculpt 7:00 Sculpt45	29 8:30 Cardio Sculpt 9:30 Barre45 4:45 Cardio Sculpt Lo 6:00 Barre45	30 8:30 Cardio Sculpt 9:30 UPLIFT	31 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. Schedule is subject to change without notice.
Updates are shared in TFS Community Facebook group.