

OCTOBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 8:45 Cardio Sculpt	2 8:30 TBW45 6:00 Cardio Sculpt	3 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	4 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	5 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Barre45	6 8:30 Cardio Sculpt	7 9:30 Power Sculpt NOTE: 1 CLASS ONLY
8 8:45 Cardio Sculpt	9 8:30 TBW45 6:00 Cardio Sculpt	10 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	11 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	12 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Pound45	13 8:30 Cardio Sculpt	14 8:15 Power Sculpt 9:30 Power Sculpt
15 8:45 Cardio Sculpt30 9:15 Stretch30	16 8:30 TBW45 6:00 Cardio Sculpt	17 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	18 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	19 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Barre45	20 8:30 Cardio Sculpt	21 8:15 Power Sculpt 9:30 Power Sculpt
22 8:45 Cardio Sculpt30 9:15 Stretch30	23 8:30 TBW45 6:00 Cardio Sculpt	24 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	25 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	26 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Pound45	27 8:30 Cardio Sculpt	28 8:15 Power Sculpt 9:30 Power Sculpt
29 8:45 Cardio Sculpt	30 8:30 TBW45 6:00 Cardio Sculpt	31 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo NO 6PM CLASS HAPPY HALLOWEEN!				

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.

NOVEMBER 2023

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 Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Barre45	3 8:30 Cardio Sculpt	4 9:30 Power Sculpt NOTE: 1 CLASS ONLY
5 8:45 Cardio Sculpt30 9:15 Stretch30	6 8:30 TBW45 6:00 Cardio Sculpt	7 8:30 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 Power Sculpt Lo 6:00 Pound45	10 8:30 Cardio Sculpt	11 8:15 Power Sculpt 9:30 Power Sculpt
12 8:45 Cardio Sculpt	13 8:30 TBW45 6:00 Cardio Sculpt	14 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	15 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	16 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Barre45	17 8:30 Cardio Sculpt	18 8:15 Power Sculpt 9:30 Power Sculpt
19 8:45 Cardio Sculpt30 9:15 Stretch30	20 8:30 TBW45 6:00 Cardio Sculpt	21 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	22 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	23 NO CLASS TODAY HAPPY THANKSGIVING!	24 8:30 TURKEY BURN OFF (CS)	25 8:15 Power Sculpt 9:30 Power Sculpt
26 8:45 Cardio Sculpt	27 8:30 TBW45 6:00 Cardio Sculpt	28 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo	29 8:30 Cardio Sculpt 9:30 Interval Spin 4:45 Cardio Sculpt 6:00 Cardio Sculpt 7:00 Sculpt45	30 8:30 Cardio Sculpt 9:30 Barre45 4:45 Power Sculpt Lo 6:00 Barre45		

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DECEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1 8:30 Cardio Sculpt	2 9:30 Holiday Party! (CS) - 1 CLASS ONLY!
3 8:45 Cardio Sculpt30 9:15 Stretch30	4 8:30 TBW45 6:00 Cardio Sculpt	5 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	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 Power Sculpt Lo 6:00 Pound45	8 8:30 Cardio Sculpt	9 8:15 Power Sculpt 9:30 Power Sculpt
10 8:45 Cardio Sculpt	11 8:30 TBW45 6:00 Cardio Sculpt	12 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	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 Power Sculpt Lo 6:00 Barre45	15 8:30 Cardio Sculpt	16 8:15 Power Sculpt 9:30 Power Sculpt
17 8:45 Cardio Sculpt30 9:15 Stretch30	18 8:30 TBW45 6:00 Cardio Sculpt	19 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	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 Power Sculpt Lo 6:00 Pound45	22 8:30 Cardio Sculpt	23 8:15 Power Sculpt 9:30 Power Sculpt
24 NO CLASS TODAY HAPPY HOLIDAYS!	25 NO CLASS TODAY HAPPY HOLIDAYS!	26 8:30 Sculpt 9:30 Yoga 4:45 Cardio Sculpt Lo 6:00 SHiNE45	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 Power Sculpt Lo 6:00 Barre45	29 8:30 Cardio Sculpt	30 8:15 Power Sculpt 9:30 Power Sculpt
31 8:45 Cardio Sculpt						

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