

FITNESS CLASS SCHEDULE

TDT | TRISTAN
DEAVES
TRAINING

	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 AM	Strength in Motion	Cardio Blitz (HIIT)	Strength in Motion	Cardio Blitz (HIIT)	Power Pulse		
11:00 AM		Timeless Aging		Timeless Aging	Timeless Aging		
12:00 PM		Strength in Motion		Strength in Motion	Strength in Motion	Strength in Motion	
6:00 PM		Power Pulse		Power Pulse		Power Pulse	

Tristan Deaves | TDT

Promoting healthy living through intentional movement and connection

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