

TRUE.FITNESS CLASS SCHEDULE

5:30 AM with CASSIE
Bootcamp

8:30 AM with MARY
SPIN + Weights

9:30 AM with MARY
50+ & Fit

1:00 PM* with MARIA
Total Body Burn

4:30 PM with MARIA
Spin

5:30 PM with TONY
Kickboxing

MONDAY

5:30 AM with KATIE
SPIN

8:30 AM with CASSIE
Tabata Tuesday

4:30 PM with CASSIE
Gym Floor Circuit

5:30 PM with BROOKE
Cardio Hip Hop

TUESDAY

5:30 AM with CASSIE
Bootcamp

5:30 AM with AMY
SPIN

8:30 AM with MARY
HIIT + Weights

9:30 AM with Mary
50+ & Fit

1:00 PM* with TRAE
Total Body Burn

FRIDAY

7:00 AM with BRAD
Endurance Cycling

8:00 AM with B1 YOGA
Yoga Flow

10:15 with BRAD
Boxing

SATURDAY

5:30 AM with CASSIE
Bootcamp

5:30 AM with AMY
SPIN

8:30 AM with MARIA
Barbell HIIT

9:30 AM with CASSIE
50+ & Fit

1:00 PM* with MARIA
Spin

5:30 PM with TRAE
Spin

5:30 PM with Tony
Kickboxing

WEDNESDAY

5:30 AM with MARIA
Total Body Burn

8:30 AM with CASSIE
Gym Floor Circuit

4:30 PM with CASSIE
Gym Floor Circuit

6:00 PM with RICK
Boxing

THURSDAY

TRUE.FITNESS | LIFE

Historic Millwork District
340 E 12th St
Dubuque, IA 52001

563.556.6496
truedubuque.com

Hours:

Mon-Thu: 5AM - 10PM
Fri: 5AM - 9PM
Sat: 6AM - 5PM
Sun: 7AM - 5PM

* DENOTES 30-MINUTE CLASS

** DENOTES CLASS REQUIRING ADVANCE SIGNUP

CLASS TIMES:

Monday - Friday:

5:30 AM
12:15 PM
3:30 PM
4:30 PM (Except Friday)
5:30 PM

Saturday:

9:00 AM

CROSSFIT
RESTORAITON

CLASS TIMES:

Monday - Friday:

5:30 AM
6:30 AM
12:15 PM
3:30 PM
4:30 PM
5:30 PM (Except Friday)

Saturday:

9:00 AM

FOCUS
UNCONVENTIONAL

Spin Classes

Cardio Classes

Strength Classes

50+ Classes

Yoga Classes

Recess & Results

6 Week Kids Program
Starting January 18th
8:45 AM - 10:15 AM

For class descriptions,
visit truedubuque.com



Follow our Social Media
for Special Event and
Pop Up Classes!