

Small Group Training Room Schedule

Small Group Training	TIMES	Monday	Tuesday	Wednesday	Thursday	Friday
	5:45 AM	TRX Class Set-Up				
	6:00 AM	TRX Class All Levels 6am-7am				
	7:45 AM					
	8:00 AM					
	11:45 AM		TRX Class Set-Up			
	12:00 PM		TRX Class All Levels 12pm-1pm			
	4:00 PM				Strong Bones 4pm- 5pm	
			Kidfit 5pm- 6 pm	Dare to Lose 5:30-7 pm	Strong Bones 5pm- 6 pm Kidfit 5pm- 6 pm	Dare to Lose 5:30-7 pm
	Boxing 7:30pm-8:30pm	TRX Class 6:30pm to 7:30 pm		Boxing 7:30pm-8:30pm		