

October 2018



Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 5:15a All Levels 6:15a TRX strength class 8:30a Rookie Make-Over 9:30a TRX strength class 5:30p Turn and Burn 6p TRX for Beginners	2 5:45a All Levels 9a TRX BASICS 9:30a TRX YOGA 12p All Levels 5:30p TRIFECTA	3 5:15a All Levels 9a TRIFECTA 5:30p All Levels 6p TRX for Beginners 6:30p Yoga for Athletes	4 5:15a S3 Athletes-Private 9a TRX BASICS 9:30a TRX YOGA 12p All Levels 5:30p Rookie Make-Over	5 5:15a All Levels 6:15a TRX strength class 8:30a All Levels 9:30a TRX strength class 12p TRIFECTA	6 8:30a All Levels	7
8 5:15a All Levels 6:15a TRX strength class 8:30a Rookie Make-Over 9:30a TRX strength class 5:30p Turn and Burn 6p TRX for Beginners	9 5:45a All Levels 9a TRX BASICS 9:30a TRX YOGA 12p All Levels 5:30p TRIFECTA	10 5:15a All Levels 9a TRIFECTA 5:30p All Levels 6p TRX for Beginners 6:30p Yoga for Athletes	11 5:15a S3 Athletes-Private 9a TRX BASICS 9:30a TRX YOGA 12p All Levels 5:30p Rookie Make-Over	12 5:15a All Levels 6:15a TRX strength class 8:30a All Levels 9:30a TRX strength class 12p TRIFECTA	13 8:30a All Levels	14
15 5:15a All Levels 6:15a TRX strength class 8:30a Rookie Make-Over 9:30a TRX strength class 5:30p Turn and Burn 6p TRX for Beginners	16 5:45a All Levels 9a TRX BASICS 9:30a TRX YOGA 12p All Levels 5:30p TRIFECTA	17 5:15a All Levels 9a TRIFECTA 5:30p All Levels 6p TRX for Beginners 6:30p Yoga for Athletes	18 5:15a S3 Athletes-Private 9a TRX BASICS 9:30a TRX YOGA 12p All Levels 5:30p Rookie Make-Over	19 5:15a All Levels 6:15a TRX strength class 8:30a All Levels 9:30a TRX strength class 12p TRIFECTA	20 8:30a All Levels	21
22 5:15a All Levels 6:15a TRX strength class 8:30a Rookie Make-Over 9:30a TRX strength class 5:30p Turn and Burn 6p TRX for Beginners	23 5:45a All Levels 9a TRX BASICS 9:30a TRX YOGA 12p All Levels 5:30p TRIFECTA	24 5:15a All Levels 9a TRIFECTA 5:30p All Levels 6p TRX for Beginners 6:30p Yoga for Athletes	25 5:15a S3 Athletes-Private 9a TRX BASICS 9:30a TRX YOGA 12p All Levels 5:30p Rookie Make-Over	26 5:15a All Levels 6:15a TRX strength class 8:30a All Levels 9:30a TRX strength class 12p TRIFECTA	27 8:30a All Levels	28
29 5:15a All Levels 6:15a TRX strength class 8:30a Rookie Make-Over 9:30a TRX strength class 5:30p Turn and Burn 6p TRX for Beginners	30 5:45a All Levels 9a TRX BASICS 9:30a TRX YOGA 12p All Levels 5:30p TRIFECTA	31 5:15a All Levels 9a TRIFECTA 5:30p All Levels 6p TRX for Beginners 6:30p Yoga for Athletes	1 5:15a S3 Athletes-Private 9a TRX BASICS 9:30a TRX YOGA 12p All Levels 5:30p Rookie Make-Over	2 5:15a All Levels 6:15a TRX strength class 8:30a All Levels 9:30a TRX strength class 12p TRIFECTA	3 8:30a All Levels	4