



# SMALL-GROUP TRAINING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00AM – TRX Rachel		6:00AM – TRX Rachel		
	9:00AM – BOXING Chris	9:00AM – KBELL Chad	9:00AM – BOXING Chris	9:00AM – KBELL Chad	9:00AM – BOXING Chris	9:00AM – BOXING Chris
	9:30AM – BOXING Chris	9:30AM – TRX Wendy	10:00AM-TRX Wendy		10:00 AM – TRX Wendy	

\*ALL SMALL-GROUP CLASSES REQUIRE REGISTRATION... SEE FITNESS DIRECTOR TO SIGN-UP Revised 5-1-12