

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am				KINECTICS		
5:30am		BOOT CAMP				
6:00am	COMBAT		TRANSFORM UPPER BODY		GYM CLASS	
7:00am		TRX SUSPENSION TRAINING		BODY MECHANICS		
9:30am						TRX SUSPENSION TRANING
5:00pm			CRISP			
5:30pm	SPIN OUT EXTREME (5:30-6:15)	KICK & LIFT *recommended group ex. class*	TRX BOOT CAMP			
6:45pm	TRX TABATA BATTLE					