


February 2012 TRX Suspension Training & Kettlebell Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAVE A FABULOUS FEBRUARY!		1 1215 Trx L1-2 Hannah	2 10am Cardio Trx Char G 1030 KB L2 Char G 500 KB L1 530 TRX Cardio Brie	3 9- Bootcamp (Trx+Kb) Tabata Brie	4 930 Trx L1 Brie 10Trx Intro 1015 Intro KB Brie
6 930Trx L1-2 Vicki 10 Trx+KB Intro Vicki 1215-Cardio Trx Brie 500Trx L1 Monica 530- Intro Trx+KB Monica	7 630am Trx L1-2 Hannah 930 Bootcamp (TRX/KB) Brie 530- Bootcamp (TRX and Bodyweight) Jude	8 1215 Trx L1-2 Hannah	9 10am Cardio Trx Hannah 1030 KB L2 Brie 500 KB L1 530 TRX Cardio Brie	10 9am- Bootcamp (TRX +KB) Tabata Britt	11 930 Trx L1 Hannah 10Trx Intro Hannah
13 930Trx L1-2 Vicki 10 Trx+KB Intro Vicki 1215-Cardio Trx Char G 500Trx L1 Monica 530- Intro Trx+KB Monica	14 630am Trx L1-2 Hannah 930 Bootcamp (TRX/KB) Britt 530- Bootcamp (TRX and Bodyweight) Hannah	15 1215 Trx L1-2 Britt	16 10am Cardio Trx Hannah 1030 KB L2 Vicki 500 KB L1 530 TRX Cardio Jude	17 9- Bootcamp (Trx+Kb) Tabata Britt	18 930 Trx L1 Vicki 10Trx Intro 1015 KB Intro Vicki
20 FAMILY DAY! No Classes	21 630am Trx L1-2 Hannah 930 Bootcamp (TRX/KB) Brie 530- Bootcamp (TRX and Bodyweight) Brie	22 1215 Trx L1-2 Britt	23 10am Cardio Trx Britt 1030 KB L2 Brie 500 KB L1 530 TRX Cardio Char G	24 9- Bootcamp (Trx+Kb) Tabata Brie	25 930 Trx L1 Char A 10Trx Intro 10:15 KB Intro Char A
27 930Trx L1-2 Vicki 10 Trx+KB Intro Vicki 1215-Cardio Trx Brie 500Trx L1 Monica 530- Trx+KB Intro Monica	28 630am Trx L1-2 Hannah 930 Bootcamp (TRX/KB) Brie 530- Bootcamp (TRX and Bodyweight) Brie	29 1215 Trx L1-2 Hannah	 <p style="text-align: center;">Only Women's Fitness</p> <p style="text-align: center;">See class descriptions and fees on back of page</p>		