



2022 TRX Group Training Schedule

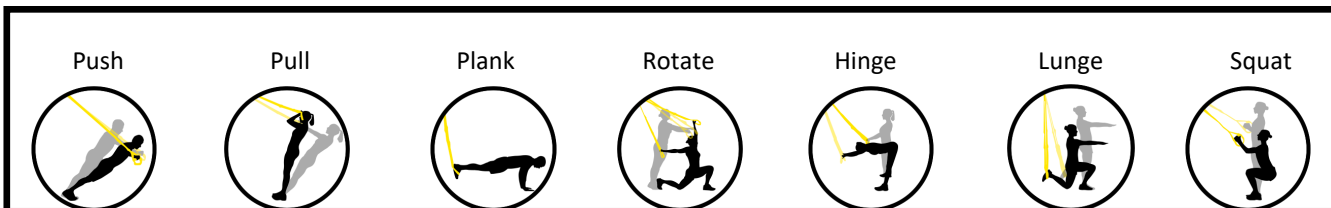
	Monday	Tuesday	Wednesday	Thursday	Friday
*5:45 AM	TRX David Leard				
*9:30 AM			TRX Tamy White (invitation only)		
9:00 AM		Advanced TRX David Leard (invitation only)		TRX David Leard	
10:00 AM		Beginner TRX David Leard		Intermediate TRX David Leard	Beginner TRX David Leard

IT'S FOR EVERYBODY

"Whether beginning a fitness journey or pushing towards your summit, TRX Training helps you to move better, feel better, and live better."

IT'S SIMPLE

"Our simplified approach to training is based on these 7 basic movements. Learning them is all it takes to build a better body."



Session limited to 8 participants

- Must be 10 years old to take classes. Ages 10-12 must have an adult present.
- 13+ Can take classes with no limitations.
- Thank for being courteous of others by silencing your cell phones and attending classes on time.

Child Watch (ages 6 wks-11)

Morning: Monday-Thursday 9am-11am

Evening: Mon. 4pm-7:45pm; Tues. & Thurs. 3:30pm-7:45pm and Wed. 4pm-7pm

Saturday 8:30a-12:00p

No Child watch during classes with Asterisk