



# 2026 TRX Group Training Schedule

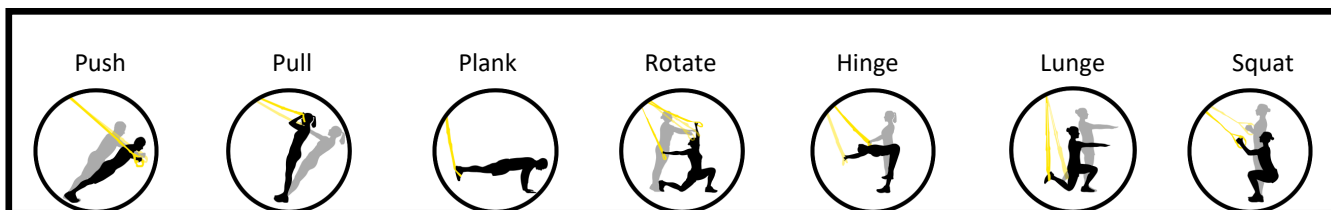
	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am		<b>TRX</b> TESS		<b>TRX</b> TESS	
9:30 AM			TRX Tamy White (invitation only)		
10:00 AM		<b>Beginner / Intermediate TRX</b> David Leard		<b>Beginner / Intermediate TRX</b> David Leard	<b>Beginner / Intermediate TRX</b> David Leard

## 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



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\*\*