Cross Training Room Class Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

6/19/2017									
Day of the Week	**Classes**								
Monday			Laura **TRX Plus** 8:30-9:30am				Bonita **TRX Mix** 5:30-6:30pm		
Tuesday	Shelia **Body Fusion** 5:00-5:45am						Laura **TRX Plus** 5:30-6:30pm		
Wednesday			Laura **TRX Plus** 8:30-9:30am						
Thursday	Shelia **Body Fusion** 5:00-5:45am						Carolyn **TRX Mix** 5:30-6:30pm		
Friday									
Saturday									
Sunday									