

TRUGYM WEEKLY CLASSES

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
9:00 CIRCUIT – VLAD 9:30 LEGS, BUMS AND TUMS – VLAD 10:15 BOXFIT – VLAD 17:30 UPPER BODY BLITZ – VLAD 18:00 BOOTY AND ABS – VLAD 18:50 CIRCUIT – VLAD	8:30 TRUCOMBAT – CHARLIE 17:30 TRUPUMP – CHARLIE 18:00 TRUCOMBAT – CHARLIE	8:30 STRENGTH & CONDITIONING – LOU 9:15 TRUPUMP – LOU 10:00 PILATES – LOU 17:30 UPPER BODY BLITZ – MIKE 18:00 KETTLEBELL CLASS – MIKE 18:30 ABS CIRCUIT – MIKE	8:30 STRENGTH & CONDITIONING – MIKE 13:00 PILATES – LOU 17:30 UPPER BODY BLITZ – VLAD 18:00 BOOTY AND ABS – VLAD 18:50 CIRCUIT – VLAD	9:30 HIIT – LOU 10:00 LEGS, BUMS AND TUMS – LOU 10:45 PILATES – LOU	9:00 PILATES – LOU 10:00 BODY BALANCE – LOU 10:00 SPIN – MIKE (FIRST AND LAST WEEK OF THE MONTH)	11:00 YOGA – KATIE

WEEKLY CLASS SCHEDULE