The Training Floor Class Summer Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boot Camp 6:00 AM **Cat**	Advanced Kettlebell 6:00 AM **Ray**	Boot Camp 6:00 AM **Cat**	TRX 6:00 AM **Mara**	Spin 5:00AM **Cat**	Boot Camp 7:00 AM **Cat**	Beginner TRX vs Kettlebell 8:00Am **Ray**
	Spin **Brad** 6:00AM		Butts & Guts 6:00 AM **Shak**	Fusion 6:00AM **George**		
	Cardio Boxing 9:30 AM **Shak**		Spin 6:00AM **Brad**		Yoga 8:00AM **Dale**	Beginner TRX vs Kettlebell 9:00Am **Ray**
Spin 5:30PM Cat		Butts & Guts 6:30 PM **Shak**	Boxing 6:30 PM **Shak**		Kettlebell Circuit 9:00 AM **Ray**	Cardio Boxing 9:00AM **Shak**
Tabada 6:30 PM **George**	Cardio Boxing 6:30PM **Shak**	TRX/Rip (Open) 6:30 PM **George**	Enter the Kettlebell circuit 6:30PM **Ray**		TRX 9:00 AM **George**	
	Kettlebell-1 6:30pm Ray	Spin 7:30 PM **Jenn**	Spin 7:30PM **Jenn**		Learn Kettlebell 10:00am **Ray**	Spin 10:00Am **Jenn**

$20 a class : 1 month $220: 3 months of Unlimited Class: $199 per month 12 months of Unlimited Class: $189 per month

All Classes are **One Hour** In order to take Kettlebell classes, you must take at least **2 consecutive** Learn Kettlebell Classes and test into Kettlebell 1

TRX and Spin/Cycle There is a 24-hour cancellation or you will be charged $20

www.thetrainingfloor.org (203) 388-8900