

THE TRAINING FLOOR FALL CLASS SCHEDULE 2013

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	Level 1 TRX vs Kettlebell Invite only 8:00AM Ray
	Spin Brad 6:00AM		Cardio Boxing 6:00 AM Shak	Fusion 6:00AM George		Spin 8:00AM Jenn
	Butts & Guts 6:00 AM Shak					Advanced TRX vs Kettlebell Invite only 9:00Am
Spin 5:30pm Cat	Cardio Boxing 9:30 AM Shak	Butts & Guts 6:30 PM Shak	Boxing 6:30 PM Shak		Enter KB 9:00 AM Ray	Cardio Boxing 9:00AM Shak
Tabada 6:30 PM George	Cardio Boxing 6:30PM Shak	TRX/Rip 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			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