

March

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 6-7 am Combo Class	9	10 6-7 am Level II 6-7 pm Challenge	11	12	13 7-8 am Challenge 815-915 am Level II
14	15 6-7 am Combo Class	16	17 6-7 am Level II 6-7 pm Challenge	18	19	20 7-8 am Challenge 815-915 am Level II
21 OFF WEEK 1	22	23	24 *DROP-IN OPTION 6-7 pm *Reserve spot	25	26	27 FREE CLASS TURBO BLAST 8-9 am RSVP, svp
28 OFF WEEK 2	29	30	31			
TRX Breakaway Boot Camp Schedule Combined Class: M 6-7 am TRX Level II, Tweener: W 6-7 am, Sat 8:15-9:15 am TRX Challenge Level: W 6-7 pm, Sat 7-8 am						

April

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TRX Spring Fever Boot Camp Schedule Intro: M/W 6-7 am TRX Lev II/Tweener: M/W 6-7 am, Sat 8:15-9:15 am TRX Challenge Level III: W 6-7 pm, Sat 7-8 am				1	2	3
4 OFF WEEK 3	5	6	7 *DROP-IN OPTION 6-7 pm *Reserve spot	8	9	10 *DROP-IN OPTION 7-8 am *Reserve spot
11 Begin Spring Fever TRX	12 6-7 am Intro Level II	13	14 6-7 am Intro, Level II 6-7 pm Challenge	15	16	17 7-8 am Challenge 815-915 am Level II
18	19 6-7 am Intro Level II	20	21 6-7 am Intro, Level II 6-7 pm Challenge	22	23	24 Crazy Legs NO CLASS Rescheduled Sunday, 25 th
25 *3-4 pm and *415-515 pm *Times TBD	26 6-7 am Intro Level II	27	28 6-7 am Intro, Level II 6-7 pm Challenge	29	30	
						

May

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TRX Spring Fever Boot Camp Schedule Intro Level I: M/W 6-7 am TRX Level II/Tweener: M/W 6-7 am, Sat 8:15-9:15 am TRX Challenge Level III: W 6-7 pm, Sat 7-8 am						1 7-8 am Challenge 8:15-9:15 am Level II
2	3 6-7 am Intro Level II	4	5 6-7 am Intro, Level II 6-7 pm Challenge	6	7	8 7-8 am Challenge 8:15-9:15 am Level II
9	10 6-7 am Intro Level II	11	12 6-7 am Intro, Level II 6-7 pm Challenge	13	14	15 7-8 am Challenge 8:15-9:15 am Level II
16	17 6-7 am Intro Level II	18	19 6-7 am Intro, Level II 6-7 pm Challenge	20	21	22 7-8 am Challenge 8:15-9:15 am Level II
23	24	25	26 Drop-in TRX Class 6-7 pm Email RSVP	27	28	29 OUTDOOR Boot Camps Begin @ Park 7:30-8:30 am
30 Summer TRX Boot Camp I Week I	31 8-9 am Indoor TRX Boot Camp	Saturday, May 29 th Outdoor Boot Camp Kick-off! TRX FUSION BOOT CAMP Get Up & Get Outside				

June

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 8-9 am Indoor TRX Boot Camp	1	2 6-7 pm Indoor TRX Boot Camp	3	4	5 OUTDOOR Boot Camp @ Park* 7-8 am
6 Summer TRX Boot Camp I Week 2	7 6-7 am Indoor TRX Boot Camp	8	9 6-7 pm Indoor TRX Boot Camp	10	11	12 OUTDOOR Boot Camp* 7:00-8:00 am Jodi Lou RUN 9 AM START
13 Summer TRX Boot Camp I Week 3	14 6-7 am Indoor TRX Boot Camp	15	16 6-7 pm Indoor TRX Boot Camp	17	18	19 OUTDOOR Boot Camp* 7-8 am
20	21	22	23	24	25	26 OUTDOOR Boot Camp* 7-8 am
27	28	29	30	TRX BOOT CAMP HARDCORE.		

*All Outdoor TRX Fusion Boot Camps are at the North Park on Ramsey Rd in Middleton. All Saturdays are drop-ins. Boot Camps move to Middleton Fire Station in case of heavy rain or lightning.

July

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	TRX BOOT CAMP HARD CORE.				1	2	3 OUTDOOR Boot Camp 7-8 am
4	5	6	7	8	9	10 OUTDOOR Boot Camp 7-8 am	
11	12	13	14	15	16	17 OUTDOOR Boot Camp 7-8 am	
18	19	20	21	22	23	24 OUTDOOR Boot Camp 7-8 am	
25	26	27	28	29	30	31 OUTDOOR Boot Camp 7-8 am	
<p>*All Outdoor TRX Fusion Boot Camps are at the North Park on Ramsey Rd in Middleton. All Saturdays are drop-ins. Boot Camps move to Middleton Fire Station in case of heavy rain or lightning.</p>							

August

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 OUTDOOR Boot Camp 7-8 am
8	9	10	11	12	13	14 OUTDOOR Boot Camp 7-8 am
15	16	17	18	19	20	21 OUTDOOR Boot Camp 7-8 am
22	23	24	25	26	27	28 OUTDOOR Boot Camp 7-8 am
29	30	31	TRX BOOT CAMP HARD CORE.			

September

2010


Sun	Mon	Tue	Wed	Thu	Fri	Sat
TRX Boot Camp Fall Schedule (see below)			1	2	3	4 OUTDOOR Boot Camp 7-8 am
5	6	7	8	9	10	11 OUTDOOR Boot Camp 7-8 am
12	13 Intro 6 am & 830 am Challenge 6-7 pm	14 Intro 415-515 pm	15 Intro 6 am & 830 am Challenge 6-7 pm	16 Intro 415-515 pm	17	18 OUTDOOR Boot Camp 7-8 am
19	20 Intro 6 am & 830 am Challenge 6-7 pm	21 Intro 415-515 pm	22 Intro 6 am & 830 am Challenge 6-7 pm	23 Intro 415-515 pm	24	25 OUTDOOR Boot Camp 7-8 am
26	27 Intro 6 am & 830 am Challenge 6-7 pm	28 Intro 415-515 pm	29 Intro 6 am & 830 am Challenge 6-7 pm	30 Intro 415-515 pm		
TRX Boot Camp Fall Schedule TRX Intro Boot Camps: M/W 6-7 am, M/W 8:30-9:30 am, T/TH 4:15-5:15 pm TRX Challenge Boot Camp: M/W 6-7 pm TRX Fusion OUTDOOR Boot Camp: Sat 7-8 am						

October

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TRX Boot Camp Fall Schedule Intro Boot Camps: M/W 6-7 am, M/W 8:30-9:30 am, T/TH 4:30-5:30 pm TRX Challenge Boot Camp: M/W 6-7 pm TRX Fusion OUTDOOR Boot Camp: Sat 7-8 am					1	2 OUTDOOR Boot Camp 7-8 am
3	4 Intro 6 am & 830 am Challenge 6-7 pm	5 Intro 430-530 pm	6 Intro 6 am & 830 am Challenge 6-7 pm	7 Intro 430-530 pm	8	9 OUTDOOR Boot Camp 7-8 am
10	11 Intro 6 am & 830 am Challenge 6-7 pm	12 Intro 430-530 pm	13 Intro 6 am & 830 am Challenge 6-7 pm	14 Intro 430-530 pm	15	16 OUTDOOR Boot Camp 7-8 am
17	18 Intro 6 am & 830 am Challenge 6-7 pm	19 Intro 430-530 pm	20 Intro 6 am & 830 am Challenge 6-7 pm	21 Intro 430-530 pm HardCORE 6-630 pm	22 HardCORE 6-630 am	23 OUTDOOR Boot Camp & HardCORE 7-8 am
24 OUTDOOR HardCORE 4-5 pm	25 HardCORE 6-630 am OR 530-6 pm	26 HardCORE 530-6 pm	27 HardCORE 6-630 am OR 530-6 pm	28 HardCORE 530-6 pm	29 HardCORE 6-630 am	30 Haunted Hustle Fun Run 10K, ½ & Full Marathon 8 am
31						

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 OFF	1 OFF	2 OFF	3 OFF	4 BEGIN 10 Day TRX Strength 530-6 pm	5 TRX Strength 6-630 am OR 530-6 pm	6 Indoor TRX Fusion/ Strength 7-8 am
7 Indoor TRX Fusion/ Strength 4-5 pm	8 BEGIN TRX II 6 am TRX Strength 530-6 pm	9 BEGIN TRX II 430-530 pm TRX Strength 530-6 pm	10 TRX II 6 am TRX Strength 530-6 pm	11 TRX II 430-530 pm TRX Strength 530-6 pm	12 TRX Strength 6-630 am OR 530-6 pm	13 Indoor TRX Fusion/ Strength 7-8 am
14	15 TRX II 6 am	16 TRX II 430-530 pm	17 TRX II 6 am	18 TRX II 430-530 pm	19	20 TRX Fusion 7-8:15 am (Drop-in opt.)
21 4 Week Breakaway Begins 4 pm TRX II Option 4 pm	22 TRX II 6 am Breakaway 6 pm	23 TRX II 430-530 pm	24 TRX II 6 am Breakaway 6 pm	25 NO TRX 	26	27 Breakaway TRX Fusion 7-8:15 am (Drop-in opt.)
28	29 TRX II 6 am Breakaway 6 pm	30				

2010

Note: All Saturdays are indoors through the winter. Saturday TRX is included in the TRX Strength and 4 Week Breakaway Boot Camps. Saturday drop-ins for TRX Fusion are welcome @ \$15/class.

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 TRX II 6 am Breakaway 6 pm	2 TRX II 430-530 pm	3	4 Breakaway & TRX Fusion 7-8:15 am (Drop-in opt.)
5	6 TRX II 6 am Breakaway 6 pm	7 TRX II 430-530 pm	8 TRX II 6 am Breakaway 6 pm	9 TRX II 430-530 pm	10	11 Breakaway & TRX Fusion 7-8:15 am (Drop-in opt.)
12	13 TRX II 6 am Breakaway 6 pm	14 TRX II 430-530 pm	15 END TRX II 6 am Breakaway 6 pm	16 END TRX II 430-530 pm	17	18 Breakaway & TRX Fusion 7-8:15 am (Drop-in opt.)
19 OFF	20	21	22	23	24	25
26 OFF	27	28	29	30	31	1

2010

Note: All Saturdays are indoors through the winter. Saturday TRX is included in the 4 Week Breakaway Boot Camp. Saturday drop-ins for TRX Fusion are welcome @ \$15/class.