

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* 7:30-8:30 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* 7:30-8:30 am
20	21	22	23	24	25	26 OUTDOOR Boot Camp* 7:30-8:30 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 HARDCORE.				1	2	3 OUTDOOR Boot Camp 7:30-8:30 am
4	5	6	7	8	9	10 OUTDOOR Boot Camp 7:30-8:30 am	
11	12	13	14	15	16	17 OUTDOOR Boot Camp 7:30-8:30 am	
18	19	20	21	22	23	24 OUTDOOR Boot Camp 7:30-8:30 am	
25	26	27	28	29	30	31 OUTDOOR Boot Camp 7:30-8:30 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 7:30-8:30 am
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	TRX BOOT CAMP HARDCORE.			

September

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	