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# NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					<b>STRENGTH FOUNDATIONS</b> 12:00 PM <b>TRX PILATES</b> 5:30 PM <b>1</b> <b>TRX STRETCH</b> 6:30 PM	<b>2</b>
<b>3</b>	7:00 AM <b>CODY CROWLEY - YOGA,</b> <b>CHAMPION MOVEMENT</b> <b>4</b> <b>CORE FOUNDATIONS</b> 5:00 PM	<b>CIRCUIT FIRE</b> 9:30AM <b>5</b> <b>TRX STRETCH 12 PM</b>	7:00 AM <b>CODY CROWLEY - YOGA,</b> <b>CHAMPION MOVEMENT</b> <b>6</b>	<b>CIRCUIT FIRE</b> 9:30AM <b>7</b> <b>TRX BALANCE, CORE</b> <b>&amp; FLEXIBILITY 12 PM</b>	7:00 AM <b>CODY CROWLEY - YOGA,</b> <b>CHAMPION MOVEMENT</b> <b>STRENGTH FOUNDATIONS</b> 12:00 PM <b>8</b> <b>TRX PILATES 5:30 PM</b> <b>TRX STRETCH 6:30 PM</b>	<b>9</b>
<b>TRX YOGA</b> <b>10 AM</b> <b>10</b>	remembrance day <b>CORE FOUNDATIONS</b> 5:00 PM <b>11</b> <b>Stretch'n Flex 360</b> 6:00 PM	<b>CIRCUIT FIRE</b> 9:30AM <b>12</b> <b>TRX STRETCH 12 PM</b>	7:00 AM <b>CODY CROWLEY - YOGA,</b> <b>CHAMPION MOVEMENT</b> <b>13</b>	<b>CIRCUIT FIRE</b> 9:30AM <b>14</b> <b>TRX BALANCE, CORE</b> <b>&amp; FLEXIBILITY 12 PM</b>	7:00 AM <b>CODY CROWLEY - YOGA,</b> <b>CHAMPION MOVEMENT</b> <b>STRENGTH FOUNDATIONS</b> 12:00 PM <b>15</b> <b>TRX PILATES 5:30 PM</b> <b>TRX STRETCH 6:30 PM</b>	<b>16</b>
9:00 AM <b>CODY CROWLEY - YOGA,</b> <b>CHAMPION MOVEMENT</b> <b>17</b>	<b>CORE FOUNDATIONS</b> 5:00 PM <b>18</b> <b>Stretch'n Flex 360</b> 6:00 PM	<b>CIRCUIT FIRE</b> 9:30AM <b>19</b> <b>TRX STRETCH 12 PM</b>	7:00 AM <b>CODY CROWLEY - YOGA,</b> <b>CHAMPION MOVEMENT</b> <b>20</b>	<b>CIRCUIT FIRE</b> 9:30AM <b>21</b> <b>TRX BALANCE, CORE</b> <b>&amp; FLEXIBILITY 12 PM</b>	7:00 AM <b>CODY CROWLEY - YOGA,</b> <b>CHAMPION MOVEMENT</b> <b>STRENGTH FOUNDATIONS</b> 12:00 PM <b>22</b> <b>TRX PILATES 5:30 PM</b> <b>TRX STRETCH 6:30 PM</b>	<b>23</b>
9:00 AM <b>CODY CROWLEY - YOGA,</b> <b>CHAMPION MOVEMENT</b> <b>24</b>	<b>CORE FOUNDATIONS</b> 5:00 PM <b>25</b> <b>Stretch'n Flex 360</b> 6:00 PM	<b>CIRCUIT FIRE</b> 9:30AM <b>26</b> <b>TRX STRETCH 12 PM</b>	7:00 AM <b>CODY CROWLEY - YOGA,</b> <b>CHAMPION MOVEMENT</b> <b>27</b>	<b>CIRCUIT FIRE</b> 9:30AM <b>28</b> <b>TRX BALANCE, CORE</b> <b>&amp; FLEXIBILITY 12 PM</b>	7:00 AM <b>CODY CROWLEY - YOGA,</b> <b>CHAMPION MOVEMENT</b> <b>STRENGTH FOUNDATIONS</b> 12:00 PM <b>29</b> <b>TRX PILATES 5:30 PM</b> <b>TRX STRETCH 6:30 PM</b>	<b>CIRCUIT FIRE</b> <b>10 AM</b> <b>30</b>