



Intro Offer: **2 Classes for 20\$**

Book On MINDBODY: Salon, Spa & Fitness App

10 Class Pass 200\$

We Share Our Studio Space with Pole Dancing PTBO

www.trxpilatesptbo.com

trxpilatesptbo@gmail.com

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
		CIRCUIT FIRE 9:30AM 1 TRX STRETCH 12 PM	2	CIRCUIT FIRE 9:30AM 3 AERIAL CORE & FLEXIBITY 12 PM	STRENGTH FOUNDATIONS 12:00 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM 4	5
6	CORE FOUNDATIONS 5:00 PM 7 Stretch'n Flex 360 6:00 PM	8	9	CIRCUIT FIRE 9:30AM 10 AERIAL CORE & FLEXIBITY 12 PM	STRENGTH FOUNDATIONS 12:00 PM 11	*** Thanksgiving *** 12
13	CORE FOUNDATIONS 5:00 PM 14 Stretch'n Flex 360 6:00 PM	CIRCUIT FIRE 9:30AM 15 TRX STRETCH 12 PM	16	CIRCUIT FIRE 9:30AM 17 AERIAL CORE & FLEXIBITY 12 PM	STRENGTH FOUNDATIONS 12:00 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM 18	CIRCUIT FIRE 10 AM 19
TRX YOGA 10 AM 20	21	CIRCUIT FIRE 9:30AM 22 TRX STRETCH 12 PM	23	CIRCUIT FIRE 9:30AM 24 AERIAL CORE & FLEXIBITY 12 PM	TRX PILATES 5:30 PM TRX STRETCH 6:30 PM 25	CIRCUIT FIRE 10 AM 26
WORDS IN MOTION 11 AM - 3 PM 27	28	CIRCUIT FIRE 9:30AM 29 TRX STRETCH 12 PM	30	CIRCUIT FIRE 9:30AM 31 AERIAL CORE & FLEXIBITY 12 PM		