



819-230-5747



ASK ABOUT OUR KIDS CLASSES

Intro Offer: **10 Days Unlimited for 10\$**

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

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	holiday - labor day CORE FOUNDATIONS 5:00 PM 2	school starts 3	4	5 CIRCUIT FIRE 9:30AM AERIAL CORE & FLEXIBITY 12 PM	6 STRENGTH FOUNDATIONS 12:00 PM TRX PILATES 5:30 PM TRX STRETCH & RESTORE 6:30 PM	7 CIRCUIT FIRE 10 AM
8	CORE FOUNDATIONS 5:00 PM 9	CIRCUIT FIRE 9:30AM 10 TRX STRETCH 12 PM	11	12 CIRCUIT FIRE 9:30AM AERIAL CORE & FLEXIBITY 12 PM	13 STRENGTH FOUNDATIONS 12:00 PM TRX PILATES 5:30 PM TRX STRETCH & RESTORE 6:30 PM	14 CIRCUIT FIRE 10 AM
15	DANCE FITNESS 5:00 PM 16	CIRCUIT FIRE 9:30AM 17 TRX STRETCH 12 PM	18	19 CIRCUIT FIRE 9:30AM AERIAL CORE & FLEXIBITY 12 PM	20 STRENGTH FOUNDATIONS 12:00 PM TRX PILATES 5:30 PM TRX STRETCH & RESTORE 6:30 PM	21
22 TRX YOGA 10 AM	CORE FOUNDATIONS 5:00 PM 23	CIRCUIT FIRE 9:30AM 24 TRX STRETCH 12 PM	25	26 CIRCUIT FIRE 9:30AM AERIAL CORE & FLEXIBITY 12 PM	27 STRENGTH FOUNDATIONS 12:00 PM TRX PILATES 5:30 PM AERIAL TRX CORE & FLEXIBITY 6:30 PM	28 CIRCUIT FIRE 10 AM
29	CORE FOUNDATIONS 5:00 PM 30					