



819-230-5747



NOVEMBER

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

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