



# High Performance Studio 1

## Human Sport & TRX Schedule

### April 17 - May 28, 2017

**\$10 for 2 Classes a week/Session (6 Weeks)**

**Choose:** Tuesday/Thursday 9am; Monday/Friday 4:30pm; Monday/Wednesday 5:15pm; Monday/Wednesday 6:15pm; Tuesday/Thursday 5:15pm; Tuesday/Thursday 6:00pm

**Or:** Only Saturday TRX is \$5/Session (6 Weeks)

**Open hours and orientations are free with membership. There are no open TRX times.**

**12 Participant Max in All Human Sport Classes or TRX-First come First Serve-Ages 14 and Up**

Monday	Tuesday	Wednesday	Thursday	Friday
5:00am-5:30am Closed	5:00am-5:30am Closed	5:00am-5:30am Closed	5:00am-5:30am Closed	5:00am-5:30am Closed
5:30am-4:15pm Human Sport Open Hours After Orientation	5:30am-8:45am Human Sport Open Hours After Orientation	5:30am-4:15pm Human Sport Open Hours After Orientation	5:30am-8:45am Human Sport Open Hours After Orientation	5:30am-8:30pm Human Sport Open Hours After Orientation
	<b>9:00-9:45am TRX &amp; Human Sport Combo Class Chris</b>		<b>9:00-9:45am TRX &amp; Human Sport Combo Class Chris</b>	
<b>4:30pm-5:00pm Human Sport Toning Class Clemate</b>	10:00am-5:45pm Human Sport Open Hours After Orientation	<b>4:30pm-5:00pm Human Sport Toning Class Chris</b>	10:00am-5:45pm Human Sport Open Hours After Orientation	
<b>5:15pm-6:00pm TRX/Human Sport Combo Class Clemate/TBA</b>	<b>5:15pm-5:45pm TRX Larry (Human Sport Open)</b>	<b>5:15pm-6:00pm TRX/Human Sport Combo Class Carl/TBA</b>	<b>5:15pm-5:45pm TRX Larry (Human Sport Open)</b>	
Human Sport Side Opens at 6:15pm	<b>6:00pm-6:45pm TRX/Human Sport Combo Class Nicole &amp; Larry</b>	Human Sport Side Opens at 6:15pm	<b>6:00pm-6:45pm TRX/Human Sport Combo Class Clemate &amp; Larry</b>	
<b>6:15pm-6:45pm TRX Clemate (Human Sport Open)</b>	7:00pm-8:30pm Human Sport Open Hours After Orientation	<b>6:15pm-6:45pm TRX Carl (Human Sport Open)</b>	7:00pm-8:30pm Human Sport Open Hours After Orientation	
6:15pm-8:30pm Human Sport Open Hours After Orientation		6:15pm-8:30pm Human Sport Open Hours After Orientation		
8:30pm-10:00pm Closed	8:30pm-10:00pm Closed	8:30pm-10:00pm Closed	8:30pm-10:00pm Closed	8:30pm-9:00pm Closed
Schedule	Saturday	Saturday	Schedule	Sunday
<b>7:00am - 7:30am</b>	Closed		<b>12:30pm - 1:00pm</b>	Closed
<b>7:30am - 6:30pm</b>	Open Hours After Orientation	<b>Saturdays 11:00-11:30AM TRX Nicole (Starts May 13) (Human Sport Open)</b>	<b>1:00pm - 3:00pm</b>	Open Hours After Orientation
<b>6:30pm - 7:00pm</b>	Closed		<b>3:00pm - 5:30pm</b>	Closed