



# High Performance Studio 1 Human Sport & TRX Schedule June 5 - July 16, 2017

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

**Choose:** Tuesday/Thursday 9am; Monday/Wednesday 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-8:30pm 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	5:30am-8:45am Human Sport Open Hours After Orientation	5:30am-8:30pm Human Sport Open Hours After Orientation
	9:00-9:45am TRX & Human Sport Combo Class Chris		9:00-9:45am TRX & Human Sport Combo Class Chris	
	10:00am-5:45pm Human Sport Open Hours After Orientation		10:00am-5:45pm Human Sport Open Hours After Orientation	
	5:15pm-5:45pm TRX Larry (Human Sport Open)		5:15pm-5:45pm TRX Larry (Human Sport Open)	
	6:00pm-6:45pm TRX/Human Sport Combo Class Nicole & Larry		6:00pm-6:45pm TRX/Human Sport Combo Class Clemate & Larry	
	7:00pm-8:30pm Human Sport Open Hours After Orientation		7:00pm-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
7:00am - 7:30am	Closed		12:30pm - 1:00pm	Closed
7:30am - 6:30pm	Open Hours After Orientation	Saturdays 11:00-11:30AM TRX Nicole (Starts May 13) (Human Sport Open)	1:00pm - 3:00pm	Open Hours After Orientation
6:30pm - 7:00pm	Closed		3:00pm - 5:30pm	Closed