

# Surviving Strong Training Center

## Small Group Class Schedule as of 12/29/19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6a	SOS - Strength over Stress	Pilates - Mixed Equipment*	Pilates - Mixed Equipment*	3D Strength	SOS - Strength over Stress		
7a							
8a			SOS - TRX Edition			SOS - Strength over Stress	
9a	Pilates Fusion*	Balance of Power	Pilates - Tower*		Pilates - Reformer*	Pilates - Mat	
10a	3D Strength	Aerial Yoga - Restorative	FUNctional Cardio	Boss Barre	SOS - TRX Edition		Pilates - Mat & TRX
11a	Pilates - Foundations	Pilates - Found Exp*   SOS - Kickboxing	Pilates Fusion*	Rebel Yoga	MMA - Mobility, Movement and Aglilty		Pilates - Mixed Equipment*
12p		Pilates - Tower*	Pilates - Foundations	Pilates - Reformer*			
1p							
2p							
3p							
4p							
5p	Pilates - Mixed Equipment*				Pilates - Mixed Equipment*		
6p	SOS - Strength over Stress		Pilates - Mixed Equip*   SOS - Boxing Edition		SOS - Boxing Edition   Pilates - Found Exp*		
7p	Rebel Yoga		3D Strength		Aerial Yoga		
8p							

Training Focus Key	
Cardio	
Cardio w/ Strength	
Strength	
Restorative	

\* Classes require Pilates Foundations or equivalent experience