

Surviving Strong Training Center

Small Group Class Schedule as of 3-18-19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6a	SOS - Strength over Stress	Pilates - Mixed Equipment	Pilates - Mixed Equipment	3D Strength - Tower Edition			
7a	Pilates - Mixed Equipment		3D Strength				
8a	Pilates - Tower	Balance of Power	3D Strength - TRX Edition	Newton's First		3D Strength - Tower Edition	
9a	Cardio Circuit		Boss Barre		Pilates - Mixed Equipment		Pilates - Reformer
10a	Pilates - Mat & TRX	MMA - Mobility, Movement and Agility	Balance of Power	Boss Barre	Boxing ABC's	Pilates - Mat & Props	Pilates - Mixed Equipment
11a		Pilates - Tower		Rebel Yoga			
12p	Pilates - Reformer		Pilates - Mixed Equipment	Pilates - Reformer	MMA - Mobility, Movement and Agility		
1p					3D Strength - Tower Edition		
2p							
3p							
4p							
5p	Pilates - Mixed Equipment			3D Strength - TRX Edition	Pilates - Mixed Equipment	Pilates - Mixed Equipment	
6p	SOS - Boxing Edition	SOS - Kickboxing Edition	SOS - Boxing Edition		SOS - Boxing Edition		
7p	SOS - Strength over Stress	Pilates - Foundations	Pilates - Mixed Equipment	3D Strength / Rebel Yoga Express			
8p	Rebel Yoga		3D Strength - TRX Edition				

Training Focus Key	
Cardio	
Cardio w/ Strength	
Strength	
Restorative	

Please visit our website for the most current schedule