

Surviving Strong Training Center

Small Group Class Schedule as of 6-15-19

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

Training Focus Key	
Cardio	
Cardio w/ Strength	
Strength	
Restorative	

* Classes require Pilates Foundations or equivalent experience

Please visit our website for the most current schedule