

Surviving Strong Training Center

Small Group Class Schedule as of 09-18-19

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

Training Focus Key	
Cardio	
Cardio w/ Strength	
Strength	
Restorative	

* Classes require Pilates Foundations or equivalent experience