

TRU HOURS FITNESS

MW: 5-11a, 3:30-7p **TTh:** 5-11a, 3:30-8p **F:** 5--11a, 3:30-5p **Sa:** 7-11a

***last trainer led classes start an hour before close**

****please no walk-ins past 30 min to close**

open gym times: M-F 9-11a, 3:30p

Monday

5a strength/met
6a strength/met
7a strength/met
8a strength/met
9a kickboxing
9-11a open gym
3:30p open gym
4p strength/met
5p strength/met
6p strength/met
6:30p yoga

Thursday

5a strength/met
6a strength/met
7a strength/met
8a strength/met
9-11a open gym
3:30p open gym
3:30p TRUly-Able
4p strength/met
5p strength/met
6p strength/met
6p kickboxing

Tuesday

5a strength/met
6a strength/met
7a strength/met
8a strength/met
9-11a open gym
3:30p open gym
4p TRUly-Able
4p strength/met
5p strength/met
6p strength/met
7:30p kickboxing

Friday

5a strength/met
6a strength/met
7a strength/met
8a strength/met
9a kickboxing
9-11a open gym
3:30p open gym
4p strength/met

Wednesday

5a strength/met
6a specialty/met
7a specialty/met
8a specialty/met
9a kickboxing
9-11a open gym
3:30p open gym
4p specialty/met
5p strength & stability
6p barre

Saturday

7a bootcamp
8a stability
9:30a kickboxing

CLOSED

Sundays