

October

Urban Train 30



*Other time slots available with a full group (6).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
					1
					2
6:00a MIX (2) Rick 6:45a STRENGTH (1) Rick 6:30p HARDCORE (2) Alyssa	4:00p TRX (2) Alyssa 4:45p MIX (2) Alyssa 6:30p STRENGTH (1) Tracie	11:30a TRX (2) Rick 12:15p TRX (1) Rick 6:30p MIX (2) Nicki	6:00a MIX (2) Amanda 6:45a MIX (1) Amanda 6:30p TRX (2) Rick	11:30a TRX (1) Nicki 12:15p TRX (2) Nicki 1:00p HARDCORE (2) Alyssa	8
	3	4	5	6	7
					9
11:30a MIX (1) Rick 12:15p MIX (2) Rick 6:30p HARDCORE (2) Nicki	6:00a MIX (2) Amanda 6:45a STRENGTH (1) Amanda 12:15p TRX (2) Rick	11:30a MIX (1) Rick 12:15p HARDCORE (2) Rick 6:30p TRX (1) Nicki	6:00a STRENGTH (2) Rick 6:45a MIX (1) Rick 6:30p MIX (2) Amanda	11:30a STRENGTH (1) Alyssa 12:15p TRX (2) Alyssa 1:00p MIX (2) Tracie	15
	10	11	12	13	14
					16
9:00a STRENGTH (1) Alyssa 11:15a MIX (2) Alyssa 1:00p STRENGTH (2) Tracie	11:15a TRX (2) Rick 1:00p MIX (2) Rick 4:30p TRX (1) Alyssa	11:15a STRENGTH (2) Alyssa 1:00p STRENGTH (1) Rick 4:30p MIX (2) Alyssa	9:00a STRENGTH (1) Amanda 1:00p HARDCORE (2) Alyssa 4:30p TRX (1) Rick	11:30a TRX (1) Rick 12:15p MIX (2) Rick 1:00p HARDCORE (2) Alyssa	
	17	18	19	20	21
					22/29
11:15a TRX (1) Tracie -24 th / Rick - 31st 1:00p HARDCORE (2) Alyssa 4:30p MIX (1) Alyssa - 24 th /Nicki - 31st	11:15a STRENGTH (1) Rick 1:00p HARDCORE (2) Rick 4:30p MIX (1) Alyssa	9:00a MIX (2) Amanda 11:15a HARDCORE (2) Rick 1:00p TRX (2) Rick	9:00a TRX (1) Tracie 11:15a TRX (2) Nicki 1:00p STRENGTH (2) Nicki	11:30a STRENGTH (2) Alyssa 12:15p TRX (2) Alyssa 1:00p MIX (1) Rick	30 th - 7:30a YOGA (1) Cheryl
	24/31	25	26	27	28
					23/30

4 sessions/month for only \$50! Email AlyssaGriffore@BayAthleticClub.com or call 989.356.5600 to get signed up today!