



WEEKLY LIVE ONLINE CLASS SCHEDULE

RESERVATIONS ARE REQUIRED TO RECEIVE CLASS LINK.

MONDAY

8:15AM Barre Fit
4:45PM Kickbox Strength
5:45PM Bootcamp

TUESDAY

8:15AM Bootcamp

WEDNESDAY

8:15AM Kickbox Barre
4:45PM Kickbox Strength
5:45PM Bootcamp

THURSDAY

8:15AM Bootcamp

FRIDAY

8:15AM Kickbox Strength

VIEW OUR FULL SCHEDULE, PURCHASE YOUR PASS, AND BOOK YOUR CLASS AT
WWW.TRENDFITNESS.FIT

