



WEEKLY LIVE ONLINE CLASS SCHEDULE

RESERVATIONS ARE REQUIRED TO RECEIVE CLASS LINK.

MONDAY

8:30AM Kickbox Strength

4:45PM Kickbox Barre

5:45PM Bootcamp

TUESDAY

12:00PM Bootcamp

WEDNESDAY

8:30AM Bootcamp

5:45PM Bootcamp

THURSDAY

12:00PM Bootcamp

5:00PM Kickbox Strength

FRIDAY

8:30AM Kickbox Strength

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