



# Trinity Week 2016

## FREE CLASSES

Train to the sound of your favorite decade..dress up if you dare!

### 60s Monday

Spin 7.15-7.45 am

Bootcamp 1.05-1.50 pm

Spin 7-7.45 pm

### 70s Tuesday

Boxfit 8.00-8.30 am

Kettlebells 1.05-1.50 pm

Rip 60 5.30-6.15 pm

### 80s Wednesday

Spin 7.30-8.00 am

Boxfit 1.05-1.50 pm

80s style Aerobics in the Arts

Block 1pm

Bootcamp 5.30-6.15 pm

### 90s Thursday

Spin 7.30-8.00 am

Body Weight Training 1.05-1.50pm

Core 5-5.30 pm