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TRUyou
"Become your true you"

Tru You Group Fitness Session Schedule

SEPTEMBER 2020						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 5:00-6:00 PM PST Arms and Core Session	2 7:30-8:30 AM PST Legs and Core Session	3 4:30-5:30 PM PST Arms and Core	4 8:30-9:30 AM PST Booty Bootcamp	12 10:00-11:00 AM PST Fitness Bootcamp	13 No Session
7 LABOR DAY - NO SESSION	8 5:00-6:00 PM PST Arms and Core Session	9 7:30-8:30 AM PST Legs and Core Session	10 5:00-6:00 PM PST Arms and Core	11 No Session	12 10:00-11:00 AM PST Fitness Bootcamp	13 No Session
14 8:30-9:30 AM PST Fitness Bootcamp	15 5:00-6:00 PM PST Arms and Core Session	16 8:00-9:00 AM PST Legs and Core Session	17 5:00-6:00 PM PST Arms and Core	18 No Session	19 No Session	20 No Session
21 8:30-9:30 AM PST Fitness Bootcamp	22 5:00-6:00 PM PST Arms and Core Session	23 8:00-9:00 AM PST Legs and Core Session	24 4:00-5:00 PM PST Core Complete	25 No Session	26 10:00-11:00 AM PST Fitness Bootcamp	27 No Session
28 8:30-9:30 AM PST Fitness Bootcamp	29 5:00-6:00 PM PST Arms and Core Session	23 8:00-9:00 AM PST Legs and Core Session				

Sign up for classes here: https://truyoutraining.com/jumpstart-your-health-fitness-and-vitality/