

Stacy Weber

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Tru You Group Fitness Session Schedule

JULY 2020						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 8:00 AM Legs and Core	2 9:00 AM Arms and Core	3 No Session	4 No Session	5 No Session
6 8:30 AM Fitness Bootcamp	7 5:00 PM Arms and Core	8 8:00 AM Legs and Core	9 5:00 PM Core Complete	10 No Session	11 10:00 AM Fitness Bootcamp	12 No Session
13 8:30 AM Fitness Bootcamp	14 5:00 PM Arms and Core	15 8:00 AM Legs and Core	16 5:00 PM Arms and Core	17 No Session	18 10:00 AM Fitness Bootcamp	19 No Session
20 8:30 AM Fitness Bootcamp	21 5:00 PM Arms and Core	22 8:00 AM Legs and Core	23 4:30 PM Core Complete	24 No Session	25 No Session	26 No Session
27 8:30 AM Fitness Bootcamp	28 5:00 PM Arms and Core	29 8:00 AM Legs and Core	30 5:30 PM Arms and Core	31 8:30 AM Fitness Bootcamp		

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