

Stacy Weber

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## Tru You Group Fitness Session Schedule

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

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