



FROM PAIN TO PERFORMANCE

TRUtraining Class Schedule

Effective February 17, 2020

Start times	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY		SUN
	BASELINE	CLASSES	CLASSES	BASELINE	CLASSES	CLASSES	CLASSES	BASELINE	CLASSES	CLASSES
6:00am					TRUmobility		TRUstrength			<i>SUNDAY CLASSES COMING SOON</i>
7:00am		TRUstrength				TRUmobility				
8:00am		TRUmobility					TRUstrength		TRUmobility	
9:00am	9am to 10:20am								TRUstrength	
10:00am		TRUstrength	TRUyoga (new)			TRUmobility		10am to 11:20am	TRUmobility	
11:00am		TRUmobility				TRUstrength				
12:00pm									TRUyoga (new)	
1:30pm			TRUmobility			TRUstrength				
2:30pm		TRUmobility	TRUstrength		TRUstrength	TRUmobility				
3:30pm		TRUstrength	TRUmobility		TRUmobility	TRUstrength	TRUmobility			
4:30pm		TRUmobility	TRUstrength	4pm to 5:40pm	TRUstrength	TRUmobility	TRUstrength			
5:30pm		TRUstrength	TRUmobility			TRUmobility	TRUstrength			
6:30pm		TRUyoga (new)			TRUyoga (new)					

Small Group Training: To participate please reserve your preferred classes via the TRUSALUS Zen Planner App. Contact the front desk for support as needed.

Private Training: To participate please contact the front desk or your preferred Performance Coach for availability.