



## JULY 2010 CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 6:15am-cycling  7:00pm-50/50	<b>2</b> <b>6:00am outdoor bootcamp**</b> <b>7:00am outdoor bootcamp**</b> 9:00am-cycling	<b>3</b> NO CLASS
<b>4</b> NO CLASS	<b>5</b> <b>6:00am outdoor bootcamp**</b> <b>7:00am outdoor bootcamp**</b> 6:15pm-circuit training	<b>6</b> 8:00am-50/50  6:30pm kettlebell training	<b>7</b> <b>6:00am outdoor boot**</b> <b>7:00am outdoor boot**</b> 8:15am-cycling (30min) 6:15pm-cycling 7:30pm-yoga	<b>8</b> 6:15am-cycling  7:00pm-50/50	<b>9</b> <b>6:00am outdoor bootcamp**</b> <b>7:00am outdoor bootcamp**</b> 9:00am-cycling	<b>10</b> 8:45am-cycling  10:00am-50/50
<b>11</b> TR Cross-Training* 10:00am	<b>12</b> <b>6:00am outdoor bootcamp**</b> <b>7:00am outdoor bootcamp**</b> 6:15pm-circuit training	<b>13</b> 8:00am-50/50  6:30pm kettlebell training	<b>14</b> <b>6:00am outdoor boot**</b> <b>7:00am outdoor boot**</b> 8:15am-cycling (30min) 6:15pm-cycling 7:30pm-yoga	<b>15</b> 6:15am-cycling  7:00pm-50/50	<b>16</b> <b>6:00am outdoor bootcamp**</b> <b>7:00am outdoor bootcamp**</b> 9:00am-cycling	<b>17</b> 8:45am-cycling  10:00am-50/50
<b>18</b> 12:30pm-yoga	<b>19</b> <b>6:00am outdoor bootcamp**</b> <b>7:00am outdoor bootcamp**</b> 6:15pm-circuit training	<b>20</b> 8:00am-50/50  6:30pm kettlebell training	<b>21</b> <b>6:00am outdoor boot**</b> <b>7:00am outdoor boot**</b> 8:15am-cycling (30min) 6:15pm-cycling 7:30pm-yoga	<b>22</b> 6:15am-cycling  7:00pm-50/50	<b>23</b> <b>6:00am outdoor bootcamp**</b> <b>7:00am outdoor bootcamp**</b> 9:00am-cycling	<b>24</b> <b>TR BIRTHDAY PARTY</b> <b>12pm-6pm</b>
<b>25</b> TR Cross-Training* 10:00am	<b>26</b> <b>6:00am outdoor bootcamp**</b> <b>7:00am outdoor bootcamp**</b> 6:15pm-circuit training	<b>27</b> 8:00am-50/50  6:30pm kettlebell training	<b>28</b> <b>6:00am outdoor boot**</b> <b>7:00am outdoor boot**</b> 8:15am-cycling (30min) 6:15pm-cycling 7:30pm-yoga	<b>29</b> 6:15am-cycling  7:00pm-50/50	<b>30</b> <b>6:00am outdoor bootcamp**</b> <b>7:00am outdoor bootcamp**</b> 9:00am-cycling	<b>31</b> 8:45am-cycling  10:00am-50/50

register online at [www.thetrainingroomboston.com](http://www.thetrainingroomboston.com)

\***TR Cross-Training** is a special 75-minute class and is not part of the regular class packages. It can be purchased and reserved online for \$15.

\*\***Outdoor Bootcamp** is a special program and is not part of the regular class packages. It can be purchased and reserved online for \$120/4-weeks or \$15/single class. Class meets outdoors at Conway Park on Somerville Ave.