

Class Schedule for Trunk Trainers Gym

March 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
7:30am		Zumba Gold 30 min Free		Zumba Gold 30 min Free				
9am		HIIT Private Class \$10		HIIT Private Class \$10				
11am	Silver and Fit 30 min free		Chair Yoga 30 min free		Silver and Fit 30 min free			
12pm		Yoga Private Class \$10		Strong Mom Private Class \$10			11:30am Pound Fit Private Class \$10	
4:30pm					TRX Private Class \$10			
5:15pm			Yoga Private Class \$10	Hills and Drills Private Run Class \$10				
5:30pm		Zumba Gold with Sally 30 min Free		Zumba Gold with Sally 30 min Free				
6pm			Pound Fit Private Class \$10					

Sign-up for classes is required. Use your MINDBODY account or call (808)327-4380 to sign up. Minimum 2 people for classes. 45 min private classes \$10 for members and non members. 24 hour notice for cancelling private classes to avoid being charged. Free classes for members only (at least day pass required for non-members). Visit TrunkTrainers.com for up to date schedule information, to book classes, and for the latest specials.