

# Training & Small Group Schedule

Times below are Hawai'i Standard Time (HST)

Trunk Trainers Transformation Team on FB

Zoom Meeting Room <https://zoom.us/j/9341426280>

6 Person Limit per Class Sign up is required.

## September 2020

Membership@trunktrainers.com

(808)327-4380

[TrunkTrainers.com](http://TrunkTrainers.com)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-6:45am CE		6-6:45am CE		6-6:45am CE	
	8am-8:45am CE		8am-8:45am CE		8-8:45am KW
9:30-10:15am CF		9:30-10:15am CF		9:30-10:15am CF	Trainers
11:30-12pm CE		11:30-12pm CE		11:30-12pm CE	CE Caili Ebaniz
	3-3:45pm AC		3-3:45pm AC		KW Kelsie Wehren
4:30pm-5:15pm AC		4:30pm-5:15pm AC		4:30pm-5:15pm AC	AC Alexandria Cuaresma
5:30-6:15pm AC		5:30-6:15pm AC		5:30-6:15pm AC	EW Emily Wood
Small Group Training: Total Body Strength Training			Gold Elefits:	Senior Fitness	3 X per Week included in membership

### Transformation Team Online Membership (OM)

\$197+tax/4 weeks, no contract, 30 days notice to cxl

Zoom Onboarding Consultation

Access to Private FB Group:Trunk Trainers Transformation Team

New Daily FB Live Workouts in TT FB group (see current schedule)

Monthly Live Q&A with trainers in TT FB group (set day and time)

Access to our monthly challenges

30 minute personal training session the week of your birthday

### Training Membership (TM)

\$396+tax per 4 week no contract, 30 days notice to cxl

Everything from the Transformation Team Online Membership plus...

Online courses for fitness education

1 hour Fitness Assessment

12 sessions/4 weeks Zoom small group trainings at Trunk Trainers HQ (6 person limit)

Accountability Coach

Exclusive invites to live and online events

Visit [TrunkTrainers.com](http://TrunkTrainers.com) to check out our Fitness Education Center and schedule an appointment to learn more about our Online 6 Week Transformation Course.

Coming soon: The Canopy Club! Exclusivly at Trunk Trainers.