



MARCH 2010 CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:00am-bootcamp 6:00pm-rope jumping 6:45pm-50/50	2 8:00am-50/50 WINTER CYCLING INTENSIVE 6:45 - 8:30pm	3 8:15am express cycling 6:15pm-cycling 7:30pm-yoga	4 6:15am-cycling 5:45pm express cycling 7:00pm-50/50	5 9:00am-cycling	6 8:45am-cycling 10:00am-50/50
7 SPORTS CONDITIONING 10:30 - 11:45am 12:30pm-yoga 2:00pm-cycling	8 6:00am-bootcamp 6:00pm-rope jumping 6:45pm-50/50	9 8:00am-50/50 WINTER CYCLING INTENSIVE 6:45 - 8:30pm	10 8:15am express cycling 6:15pm-cycling 7:30pm-yoga	11 6:15am-cycling 5:45pm express cycling 7:00pm-50/50	12 9:00am-cycling	13 8:45am-cycling 10:00am-50/50
14 SPORTS CONDITIONING 10:30 - 11:45am 12:30pm-yoga 2:00pm-cycling	15 6:00am-bootcamp 6:00pm-rope jumping 6:45pm-50/50	16 8:00am-50/50 WINTER CYCLING INTENSIVE 6:45 - 8:30pm	17 8:15am express cycling 6:15pm-cycling 7:30pm-yoga	18 6:15am-cycling 5:45pm express cycling 7:00pm-50/50	19 9:00am-cycling	20 8:45am-cycling 10:00am-50/50
21 SPORTS CONDITIONING 10:30 - 11:45am 12:30pm-yoga 2:00pm-cycling	22 6:00am-bootcamp 6:00pm-rope jumping 6:45pm-50/50	23 8:00am-50/50	24 8:15am express cycling 6:15pm-cycling 7:30pm-yoga	25 6:15am-cycling 5:45pm express cycling 7:00pm-50/50	26 9:00am-cycling	27 8:45am-cycling 10:00am-50/50
28 SPORTS CONDITIONING 10:30 - 11:45am 12:30pm-yoga 2:00pm-cycling						

register online at www.thetrainingroomboston.com