

**Omega Performance Training**  
**November 2010 Training Class Schedule**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	<b>Boot Camp*</b>	<b>Boot Camp*</b>	<b>Boot Camp*</b>	<b>Boot Camp*</b>	<b>Boot Camp*</b>	
6:00 AM						
6:30 AM	<b>Omega Functional Fitness</b>		<b>Omega Functional Fitness</b>			
7:00 AM						
7:30 AM						
8:00 AM					<b>Boot Camp*</b>	
9:00 AM	<b>Omega Functional Fitness</b>	<b>TRX Suspension Training</b>	<b>Omega Functional Fitness</b>	<b>TRX Suspension Training</b>	<b>Omega Functional Fitness</b>	<b>Omega Functional Fitness</b>
10:00 AM						
11:00 AM						
12:00 PM	<b>TRX or Functional Fitness</b>		<b>TRX or Functional Fitness</b>		<b>TRX or Functional Fitness</b>	
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM	<b>Omega Functional Fitness</b>	<b>TRX Suspension Training</b>	<b>Omega Functional Fitness</b>	<b>TRX Suspension Training</b>		
6:00 PM	<b>Boot Camp*</b>	<b>Boot Camp*</b>	<b>Boot Camp*</b>	<b>Boot Camp*</b>	<b>Boot Camp*</b>	
7:00 PM	<b>Kettlebells &amp; TRX</b>		<b>Kettlebells &amp; TRX</b>			
8:00 PM						

**\* - Indicates a paid class, that is available to members and non-members. Ask a staff member about prices.**