






TRX CLASS SCHEDULE

29 Bridge Street, Salem, MA | 978-744-YOGA | yogasakti.com

See website for class descriptions.

Winter

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 a.m. TRX/Spin Jenn P.	5:45-7:00 a.m. TRX/Body Blast Marjan	5:30-6:30 a.m. TRX Bootcamp Jenn		5:45-7:00 a.m. TRX/Body Blast Marjan		
						7:00-8:15 a.m. TRX/Intense Abs Matt
8:30-9:30 a.m. TRX/Intervals Christine	8:30-9:30 a.m. TRX/Sculpting Alison 	8:30-9:30 a.m. TRX/Bosu Christine	8:30-9:30 a.m. TRX/Sculpting Alison 	8:30-9:30 a.m. TRX/Boot Camp Jenn	8:00-9:00 a.m. TRX/Body Blast Marjan	8:30-9:30 a.m. TRX/Boot Camp Jenn
9:00-10:15 a.m. TRX/Spin Annalisa		9:00-10:15 a.m. TRX/Spin Sue		9:00-10:15 a.m. TRX/Spin Annalisa	9:00-10:30 a.m. TRX/Spin Annalisa	9:30-10:30 a.m. Beginner TRX Mary
					10:30-11:30 a.m. Pure Ballet Joseph	
	4:00-5:00 p.m. Community TRX		4:00-5:00 p.m. Community TRX			
	5:30-6:30 p.m. TRX To the Core	5:00-6:00 p.m. TRX-Basics Annalisa	5:30-6:30 p.m. TRX To the Core	5:00-6:00 p.m. TRX-Basics Mary		
6:30-7:30 p.m. TRX/Intervals Melissa H.	6:30-7:30 p.m. TRX/Intense Abs Matt	6:15-7:45 p.m. TRX/Spin Annalisa	6:30-7:30 p.m. TRX/Intense Abs Matt	6:00-7:00 p.m. TRX/Tabata Matt 		
	7:30-8:30 p.m. TRX/Intense Abs Matt 		7:30-8:30 p.m. TRX/Intense Abs Matt 			

Classes times and instructors are subject to change. Please check out our website for updates.



*Make this a spin combo for \$5