



1.855.842.6536
 2400 Brant St. Burlington
 821 Main St. E. Milton

Week 1	Monday	Wednesday	Thursday/Friday
	Full Body Focus: Arms & Abs	Legs & Back	Shoulders & Chest
Week 2	Full Body Focus: Legs, Butt & Abs	Chest & Triceps	Back & Shoulders
Week 3	Full Body Focus: Chest & Abs	Arms & Legs	Back & Abs
Week 4	Full Body Focus: Shoulders & Abs	Back, Butt & Chest	Arms & Legs

TRX Bootcamp:

Know what we'll be working on in advance! In accordance with our body part schedule, professionally designed routines are implemented to keep your body balanced and constantly progressing over the course of the month.

*Milton Thursday Classes:
 Full Body - see Mondays Focus

Flex Your Options
Body Part Monthly Schedule
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