



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM		Evolve TRX Garage	Evolve Strength Garage	Evolve TRX Garage	Evolve Conditioning Garage		Evolve Bootcamp Garage
11:00 AM			Senior TRX Garage		Senior TRX Garage		
5:30 PM		Evolve Strength Garage		Evolve Strength Garage			

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**WORX**  
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