












SOUTHAMPTON GX SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		TRX FUNCTIONAL OSCAR					
9:30 AM	 RITA	LES MILLS BODYPUMP TRACIE	 JULIO	LES MILLS BODYPUMP TRACIE	TRX FUNCTIONAL IVETTE	LES MILLS BODYPUMP TRACIE	 RITA
10:00 AM		TRX Suspension Training OSCAR 9:30 AM			 SARAH		 SARAH
10:40 AM	 SARAH 12:00 PM	 JULIO			 JULIO	LES MILLS BODYFLOW TRACIE	LES MILLS BODYPUMP LAURI
5:30 PM		LES MILLS BODYPUMP TRACIE		LES MILLS BODYPUMP TRACIE			
6:30 PM		 RITA	 CONNIE	 ELENEY			



SAG HARBOR GYM 1 BAY STREET 631.725.0707
RESERVE YOUR CLASS ONLINE AT HAMPTONGYMCORP.COM