



Trilogy  
Fitness

Train your Body

Tailored Plans

Transform your Life

MC SQUARE 135 ROUTE 101A AMHERST, NH 03031 603-204-5993 WWW.TRILOGYFITNESSNH.COM

Effective October 1, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Spinning® 8:00 - 8:30	Spinning® 7:00 - 8:00	Spinning® 8:00 - 8:30	Spinning® 8:00 - 9:00	Spinning® 8:00 - 9:00	
	TRX® 8:30 - 9:00		Tabata Yoga 8:30 - 9:00			
Spinning® 9:00 - 9:30		Spinning® 9:00 - 10:00				
Express Power Pump 9:35 - 10:05						
	Spinning®/Strength 6:00 - 7:00 pm					

All Classes are One Hour in Length

Pre-registration is recommended – E-mail up to one week in advance.

[contactus@trilogyfitnessnh.com](mailto:contactus@trilogyfitnessnh.com)

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603-204-5993 [www.trilogyfitnessnh.com](http://www.trilogyfitnessnh.com)