

TRX[®]

Suspension Training[®]

IDEA WORLD 2010
SCHEDULE OF EVENTS
BOOTH #100



To sign-up for a session,
please visit **Booth #100**.

WEDNESDAY August 4

4:30PM	Expo Hall Open
4:30PM	TRX Body Blast
5:00PM	TRX Circuit Training
5:30PM	TRX TEAM Day 8
6:00PM	TRX Circuit Training
6:30PM	TRX TEAM Day 5
7:00PM	TRX 40/40 Challenge
7:30PM	TRX Power Stretch
8:00PM	Expo Hours End

THURSDAY August 5

10:30AM	Expo Hall Open
10:30AM	TRX Body Blast
11:00AM	TRX 40/40 Challenge
11:30AM	TRX Circuit Training
12:00PM	TRX TEAM Day 12
12:30PM	TRX Circuit Training
1:00PM	TRX TEAM Day 4
1:30PM	TRX Circuit Training
2:00PM	TRX Body Blast
2:30PM	TRX Circuit Training
3:00PM	TRX Power Stretch
3:30PM	Expo Hours End
5:30PM	IDEA World Fitness Awards & Celebration

FRIDAY August 6

12:15PM	Expo Hall Open
12:30PM	TRX Body Blast
1:00PM	TRX 10/10/10 Demo & Training Tips
1:30PM	TRX Power Stretch
2:00PM	TRX TEAM Day 5
2:30PM	TRX Body Blast
3:00PM	TRX TEAM Day 6
3:30PM	TRX Circuit Training
4:00PM	TRX Power Stretch
4:30PM	TRX 40/40 Challenge
5:00PM	TRX Circuit Training
5:30PM	TRX Power Stretch
6:00PM	TRX Body Blast
6:30PM	TRX TEAM Day 8
7:00PM	Expo Hours End

SATURDAY August 7

11:30AM	Expo Hall Open
11:30AM	TRX TEAM Day 6
12:00PM	TRX Circuit Training
12:30PM	TRX TEAM Day 7
1:00PM	TRX Circuit Training
1:30PM	TRX Power Stretch
2:00PM	TRX 40/40 Challenge
2:45PM	Expo Hours End

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