

# March 2010

**Upcoming TRS Dates**  
 Mar. 19th Pipeworks  
 Apr. 9th Ironworks  
 May 14th Mission Cliff

**Monday**

Yoga 12:00-1:00pm - Sarah (Vinyasa Flow)  
 Yoga 5:30-6:45pm - Sarah (Vinyasa Level 1/2)  
 Cycling 6:30-7:30pm - Ruben Vaughn

**Tuesday**

Yoga 9:00-10:30am - Deb Stone (Hatha)  
 Yoga 5:30-6:45pm - Allan Jacinto (Yin)  
 Cycling 6:15-7:15pm - Lupe Labourdett  
 Yoga 6:45-8:00pm - Allan J. (Vinyasa Level 2)  
 Training for Climbing 8:00-9:30pm - Hans Florine

**Wednesday**

Yoga 12:00-1:00pm - Sarah (Vinyasa Flow)  
 Yoga 6:30-7:45pm - Sarah Pascual (Vinyasa)

**Thursday**

Yoga 9:00-10:30am - Deb Stone (Hatha)  
 Yoga 6:00-7:15pm - Sarah (Vinyasa Level 2/3)  
 Cycling 6:15-7:15pm - Lupe Labourdett

**Friday**

Yoga 6:00-7:15pm - Sarah Pascual (Vinyasa)

**Saturday**

Yoga 10:30-11:45 - Sarah Pascual (Vinyasa)

**Never Climbed Before? Take Our Intro Class, Available Daily.**

**Intro to Climbing Class** M-F 4:30pm, 6:00pm, 7:30pm  
**FREE to Members/\$29 for non-members** S/S 11:30am, 1:00pm, 3:00pm



**March 19th**



**@ Sacramento Pipeworks**

**FREE Competition for Members**

[www.touchstoneclimbing.com/trs.html](http://www.touchstoneclimbing.com/trs.html)



	WED	THUR	FRI	SAT	SUN	
<b>1</b> Yoga: 12:00pm Yoga: 5:30pm Cycling: 6:30pm	<b>2</b> Yoga: 9:00am Yoga: 5:30 pm Cycling: 6:15pm Yoga: 6:45pm <b>NO</b> Train 4 Climbing	<b>3</b> Yoga: 12:00pm Yoga: 6:30pm Kids Camp: 4-6pm	<b>4</b> Yoga: 9:00am Yoga: 6:00 pm Cycling: 6:15pm  Teen Team: 4-6pm	<b>5</b> Yoga: 6:00pm <b>Everyone's a Kid Night Discount Day Passes for Everyone</b>	<b>6</b> Yoga: 10:30am  Kids Belay: 11am-3pm (\$15/hr Drop-In)	<b>7</b> Kids Belay: 11am-3pm (\$15/hr Drop-In)
<b>8</b> Yoga: 12:00pm Yoga: 5:30pm Cycling: 6:30pm	<b>9</b> Yoga: 9:00am Yoga: 5:30 pm Cycling: 6:15pm Yoga: 6:45pm Train 4 Climbing 8pm	<b>10</b> Yoga: 12:00pm Yoga: 6:30pm Kids Camp: 4-6pm <b>Women's Night</b>	<b>11 NO YOGA</b>  Cycling: 6:15pm  Teen Team: 4-6pm	<b>12 NO YOGA</b>	<b>13 NO YOGA</b>  Kids Belay: 11-3 11am-3pm (\$15/hr Drop-In)	<b>14</b> Kids Belay: 11am-3pm (\$15/hr Drop-In)
<b>15</b> Yoga: 12:00pm Yoga: 5:30pm Cycling: 6:30pm	<b>16</b> Yoga: 9:00am Yoga: 5:30 pm Cycling: 6:15pm Yoga: 6:45pm <b>NO</b> Train 4 Climbing	<b>17</b> Yoga: 12:00pm Yoga: 6:30pm	<b>18</b> Yoga: 9:00am Yoga: 6:00 pm Cycling: 6:15pm  Teen Team: 4-6pm	<b>19</b> Yoga: 6:00pm <b>College Student Night</b>  <b>@ Pipeworks</b>	<b>20</b> Yoga: 10:30am  Kids Belay: 11am-3pm (\$15/hr Drop-In)	<b>21</b> Kids Belay: 11am-3pm (\$15/hr Drop-In)
<b>22</b> Yoga: 12:00pm Yoga: 5:30pm Cycling: 6:30pm	<b>23</b> Yoga: 9:00am Yoga: 5:30pm- <b>SUB</b> Cycling: 6:15pm Yoga: 6:45pm- <b>SUB</b> Train 4 Climbing 8pm	<b>24</b> Yoga: 12:00pm Yoga: 6:30pm	<b>25</b> Yoga: 9:00am Yoga: 6:00 pm Cycling: 6:15pm Teen Team: 4-6pm  <b>FREE</b> Massage 6-9pm Beyond Chiropractic	<b>26</b> Yoga: 6:00pm <b>Member Guest Night -All Members get an extra guest pass.</b>	<b>27</b> Yoga: 10:30am  Kids Belay: 11am-3pm (\$15/hr Drop-In)	<b>28</b> Kids Belay: 11am-3pm (\$15/hr Drop-In)
<b>29</b> Yoga: 12:00pm Yoga: 5:30pm Cycling: 6:30pm	<b>30</b> Yoga: 9:00am Yoga: 5:30 pm Cycling: 6:15pm Yoga: 6:45pm Train 4 Climbing 8pm	<b>31</b> Yoga: 12:00pm Yoga: 6:30pm Kids Camp: 4-6pm 1st Week of 10 ★ Bit-O-Beta ★ <b>FREE</b> Clinic 7:30	<b>FITNESS CLASSES - FREE to Members</b> <b>KIDS BELAY: WEEKENDS 11-3PM</b> \$15 an hour! (No experience needed) <b>PRIVATE CLIMBING LESSONS &amp; PERSONAL TRAINING</b> Inquire at the front desk for more information.			