



Corning Group Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4am-5:30am	Group Personal Training Weigh ins/ Goal Setting		Group Personal Training Nutrition			
4:00am-5:00am					Group Personal Training	
5am - 6:30am	Weigh ins/ Goals Setting Group Personal Training	Weigh ins/ Goals Setting Group Personal Training	Nutrition Group Personal Training	Nutrition Group Personal Training		
5:30am -6:30					Group Personal Training	
6:30-7:30am					Group Personal Training	
6:30am - 8am	Group Personal Training Weigh ins/ Goal Setting	Group Personal Training Weigh ins/ Goal Setting	Group Personal Training Nutrition	Group Personal Training Nutrition		
7am-8am						Group Personal Training
8am-9am						Group Personal Training
8:30-10am	Weigh ins/ Goals Setting Group Personal Training	Weigh ins/ Goals Setting Group Personal Training	Nutrition Group Personal Training	Nutrition Group Personal Training		
9am-10					Group Personal Training	Group Personal Training
10am-11					Group Personal Training	Group Personal Training
11:00-12pm					Group Personal Training	Group Personal Training
11:30am-1pm	Weigh ins/ Goals Setting Group Personal Training	Weigh ins/ Goals Setting Group Personal Training	Nutrition Group Personal Training	Nutrition Group Personal Training		
12pm-1pm					Group Personal Training	
4pm-5pm					Group Personal Training	
3pm-4:30pm	Weigh ins/ Goals Setting Group Personal Training	Weigh ins/ Goals Setting Group Personal Training	Nutrition Group Personal Training	Nutrition Group Personal Training		
4:30pm-6:00	Group Personal Training Weigh ins/ Goal Setting	Group Personal Training Weigh ins/ Goal Setting	Group Personal Training Nutrition	Group Personal Training Nutrition		
5pm-6pm					Group Personal Training	
5:30pm-7	Weigh ins/ Goals Setting Group Personal Training	Weigh ins/ Goals Setting Group Personal Training	Nutrition Group Personal Training	Nutrition Group Personal Training		
7pm-8:30	Weigh ins/ Goals Setting Group Personal Training			Nutrition Group Personal Training		