

JOURNEY & FITNESS

COACHING CENTER

(607) 257-2700 | JOURNEYFITNESSCOACHING.COM | 

Group Personal Training Schedule

updated (1/3/17)

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