



# Group Personal Training Sch

Journey Fitness Sayre Location

	Monday	Tuesday	Wednesday	Thursday
4:00am-4:30am	Weigh ins/Goal Setting	Weigh ins/Goal Setting	Nutrition	Nutrition
4:30am-5:30am	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training
5:30am-6:30am	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training
6:30am-7am	Weigh ins/Goal Setting	Weigh ins/Goal Setting	Nutrition	Nutrition
7:00am-8:00am				
8:00am-9:00am				
8:30am-9:00am	Weigh ins/Goal Setting	Weigh ins/Goal Setting	Nutrition	Nutrition
9:00am-10:00am	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training
11:30am - 12:00PM	Weigh ins/Goal Setting	Weigh ins/Goal Setting	Nutrition	Nutrition
12:00pm-1:00pm	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training
3:45pm-4:15pm	Weigh ins/Goal Setting	Weigh ins/Goal Setting	Nutrition	Nutrition
4:15pm-5:15pm	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training
5:15pm-6:15pm				

<b>5:15pm-5:45pm</b>	<b>Weights/Goal Setting</b>	<b>Weights/Goal Setting</b>	<b>Nutrition</b>	<b>Nutrition</b>
<b>5:45pm-6:45pm</b>	<b>Group Personal Training</b>	<b>Group Personal Training</b>	<b>Group Personal Training</b>	<b>Group Personal Training</b>



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Friday	Saturday
Group Personal Training	
Group Personal Training	
	Group Personal Training
	Group Personal Training
Group Personal Training	Group Personal Training
Group Personal Training	
Group Personal Training	
Group Personal Training	
