



Group Personal Training Schedule

(Revised 12/14/16)

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