



Horseheads Group Personal Training Schedule

(Revised 4/16/18)

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