

PERSONAL TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am - 12:00 pm	6:00 am - 12:00 pm	6:00 am - 12:00 pm	6:00 am - 12:00 pm	6:00 am - 12:00 pm	7:00 am - 10:00 am
4:00 pm - 8:00 pm	4:00 pm - 8:00 pm	4:00 pm - 8:00 pm	4:00 pm - 8:00 pm	-	-

TEAM TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	6:00 am	6:00 am	6:00 am	6:00 am	7:00 am
9:00 am	6:00 pm	9:00 am	6:00 pm	9:00 am	8:30 am
6:00 pm	-	6:00 pm	-	-	-