

Personal Training Schedule

Updated:11/05/2023

Note: Schedule is subject to change based on attendance but notice will be given ahead of time.

Please note the ratio is 1 coach to 6 clients for Semi-Private Personal Training.

	M	T	W	Th	F	Sa
5 AM	SPT	SPT	SPT	SPT	SPT	
6 AM	SPT	SPT	SPT	SPT	SPT	
7 AM	SPT	SPT	SPT	SPT	SPT	GROUP
8 AM	SPT		SPT		SPT	
8:30 AM						GROUP
9 AM	SPT		SPT		SPT	
2:30 PM		SPT		SPT		
3 PM	SPT		SPT			
3:30 PM		SPT		SPT		
4 PM	SPT		SPT			
4:30 PM		SPT		SPT		
5 PM	SPT		SPT			
5:30 PM		SPT		SPT		
6 PM	SPT		SPT			

SPT = SEMI-PRIVATE PERSONAL TRAINING

GROUP = GROUP TRAINING