

# Personal Training Schedule

*Updated:1/2/2024*

**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.*

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

**SPT = SEMI-PRIVATE PERSONAL TRAINING**

**GROUP = GROUP TRAINING**