

Personal Training Schedule

Updated:6/24/2024

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 up to 8 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	SPT	SPT		
3:30 PM	SPT	SPT	SPT	SPT		
4:30 PM	SPT	SPT	SPT	SPT		
5:30 PM	SPT	SPT	SPT	SPT		

SPT = SEMI-PRIVATE PERSONAL TRAINING

GROUP = GROUP TRAINING