

Training Session Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Personal PT 7:00a 9:00a 10:00a 5:30p 6:30p	Personal PT 6:00a 7:00a 8:00a 3:00p 5:30p 6:30p	Personal PT 7:00a 8:00a 11:00a 5:30p 6:30p	Personal PT 6:00a 7:00a 8:00a 3:00p 5:30p 6:30p	Personal PT 7:00a 8:00a 11:00a 5:00p	Personal PT 8:45a 10:00a
Advanced PT 6:00a 5:30p 7:30p	Advanced PT 9:00a 10:00a 5:00p	Advanced PT 5:30a 5:30p 7:30p	Advanced PT 9:00a 10:00a 5:00p	Advanced PT 5:30a	Advanced PT 7:30a
Metabolic PT 5:30a 10:00a 5:30p	Metabolic PT 5:30a 6:00p	Metabolic PT 5:30a 10:00a 5:30p	Metabolic PT 5:30a 6:00p	Metabolic PT 10:00a	Metabolic PT 7:00a 8:00a
ADAPT Performance 4:15p 6:30p	ADAPT Performance 4:15p 7:00p	ADAPT Performance 4:15p 6:30p	ADAPT Performance 4:15p 7:00p	ADAPT Performance 4:15p	ADAPT Performance 10:00a



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