



# PERSONAL TRAINING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00		7:00		7:00	
	7:30		7:30		7:30	
	9:00		9:00		9:00	9:30
	9:30	9:30	9:30	9:30	9:30	10:00
N/A	10:30	10:30	-----	10:30	10:30	10:30
	11:00	11:00	-----	11:00	11:00	11:00
	-----	-----	-----	-----		
	4:30	4:30	4:30	4:30		
	5:30	5:30	5:30	5:30		
	6:30	6:30	6:30			