



# Columbia City Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30am - 5:15am	Journey Group Coaching		Journey Group Coaching		Journey Group Coaching	
5:15am-6:00am		Journey Group Coaching				
5:20am - 6:05am	Journey Group Coaching		Journey Group Coaching		Journey Group Coaching	
6:10am - 7:55am	Journey Group Coaching		Journey Group Coaching		Journey Group Coaching	
8:00am - 8:45am			Journey Group Coaching			Journey Group Coaching
12:00pm-12:45pm		Journey Group Coaching		Journey Group Coaching		
2:45pm-3:20pm	Journey Group Coaching		Journey Group Coaching		Journey Group Coaching	
4:30pm-5:15pm	Journey Group Coaching		Journey Group Coaching			
5:30pm-6:15pm					Journey Group Coaching	
6:00pm-6:45pm	Journey Group Coaching		Journey Group Coaching			