


# Columbia City

# Group

## Personal Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am - 6:30am		Group Personal Training		Group Personal Training	Group Personal Training	
6:30am - 7am		Weigh ins/ Goal Setting		Nutrition		
7am-8am						
8am-9am						Group Personal Training
8:30am-9am		Weigh ins/ Goal Setting		Nutrition		
9am-10am		Group Personal Training		Group Personal Training	Group Personal Training	Group Personal Training
11:30am-12pm		Weigh ins/ Goal Setting		Nutrition		
12pm-1pm		Group Personal Training		Group Personal Training	Group Personal Training	
3:45pm-4:15pm	Weigh ins/ Goal Setting		Nutrition			
4:15pm-5:15pm	Group Personal Training		Group Personal Training		Group Personal Training	
5:15pm-5:45pm	Weigh ins/ Goal Setting		Nutrition			
5:45pm-6:45pm	Group Personal Training		Group Personal Training			