



Corning Group Coaching Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00am-5:00am	Group Personal Training		Group Personal Training		Group Personal Training	
5am - 5:30am	Weigh ins/ Goals Setting	Weigh ins/ Goals Setting	Nutrition	Nutrition		
5:30am -6:30	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	
6:30-7:30am	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	
7:30am - 8am	Weigh ins/ Goals Setting	Weigh ins/ Goals Setting	Nutrition	Nutrition		
7am-8am						Group Personal Training
8am-9am						Group Personal Training
8:30-9am	Weigh ins/ Goals Setting	Weigh ins/ Goals Setting	Nutrition	Nutrition		
9am-10	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training
10am-11					10:30 - 11:30 Group Personal Training	Group Personal Training
11:00-12pm						Group Personal Training
11:30am-12pm	Weigh ins/ Goals Setting	Weigh ins/ Goals Setting	Nutrition	Nutrition		
12pm-1pm	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	
3pm-3:30pm	Weigh ins/ Goals Setting	Weigh ins/ Goals Setting	Nutrition	Nutrition		
3:30pm-4:30pm	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training		
4pm-5pm					Group Personal Training	
4:30pm-5:30	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training		
5pm-6pm					Group Personal Training	
5:30pm-6pm	Weigh ins/ Goals Setting	Weigh ins/ Goals Setting	Nutrition	Nutrition		
6pm-7	Closed to new members	Closed to new members	Group Personal Training	Group Personal Training		
7pm-7:30	Weigh ins/ Goals Setting			Nutrition		
7:30pm-8:30	Group Personal Training			Group Personal Training		