




Ithaca Group Training Schedule

 OURNEY 933	Monday	Tuesday	Wednesday	Thursday	Friday
5am - 5:45am	Group Personal Training		Group Personal Training		Group Personal Training
5:30am - 6:30am		Group Personal Training		Group Personal Training	
6am - 6:45am	Group Personal Training		Group Personal Training		Group Personal Training
8am-8:45am					
9am- 9:45am	Group Personal Training		Group Personal Training		Group Personal Training
12pm-12:45am	Group Personal Training		Group Personal Training		Group Personal Training
3:30pm-4:15pm	Group Personal Training		Group Personal Training		Group Personal Training
5pm - 5:45pm	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training
6pm - 6:45pm	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training

Saturday
Group Personal Training