



Ithaca Group Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	
6:30am - 8am	Weigh ins/ Goals Setting		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
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		
3:30pm-4:30pm	Group Personal Training	Group Personal Training		Group Personal Training		
3pm-4pm					Group Personal Training	
4pm-5pm			4-4:30 Nutrition		Group Personal Training	
4:30pm-5:30	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training		
5:30pm-6pm	Weigh ins/ Goals Setting	Weigh ins/ Goals Setting	Nutrition	Nutrition		
6pm-7	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training		