



# Sayre Group Personal Training Schedule

**\*\*UPDATED 10/5/18\*\***

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