



SMALL GROUP PERSONAL TRAINING SCHEDULE

SEPTEMBER 2021

DAY / TIME	CLASS	ONLINE CODES
MONDAY		
9:30AM	WHOLE BODY CIRCUIT	89215360008/951349
5:00PM	30 MIN CARDIO	85654831465/009655
5:30PM	UPPER BODY BLAST	85654831465/009655
TUESDAY		
6:00 AM	WHOLE BODY CIRCUIT	88040224930/225479
7:30 AM	STRENGTH TRAINING	IN-STUDIO - REQUEST A CODE
5:00 PM	30 MIN CARDIO KICKBOXING	82167340188/336590
5:30 PM	WHOLE BODY CIRCUIT	82167340188/336590
WEDNESDAY		
8:30 AM	WHOLE BODY CIRCUIT	167929476/355512
4:30 PM	CORE STRENGTH	129521670/Oasis1495
5:30 PM	LOWER BODY BLAST	92434670584/Oasis1495
THURSDAY		
6:00 AM	WHOLE BODY CIRCUIT	88040224930/225479
7:30 AM	STRENGTH TRAINING	IN-STUDIO - REQUEST A CODE
9:30 AM	WHOLE BODY - LOW IMPACT	85701984920/Oasis1495
5:00 PM	30 MIN CARDIO KICKBOXING	81150993305/598342
5:30 PM	WHOLE BODY CIRCUIT	81150993305/598342
FRIDAY		
8:30 AM	WHOLE BODY CIRCUIT	167929476/355512