



SMALL GROUP PERSONAL TRAINING SCHEDULE
OCTOBER 2021

DAY / TIME	CLASS
MONDAY	
9:30AM	WHOLE BODY CIRCUIT
5:30PM	UPPER BODY BLAST
TUESDAY	
6:00 AM	WHOLE BODY CIRCUIT
7:30 AM	STRENGTH TRAINING
5:00 PM	30 MIN CARDIO KICKBOXING
5:30 PM	WHOLE BODY CIRCUIT
WEDNESDAY	
8:30 AM	WHOLE BODY CIRCUIT
4:30 PM	CORE STRENGTH
5:30 PM	LOWER BODY BLAST
THURSDAY	
6:00 AM	WHOLE BODY CIRCUIT
7:30 AM	STRENGTH TRAINING
9:30 AM	WHOLE BODY - LOW IMPACT
5:30 PM	WHOLE BODY CIRCUIT
FRIDAY	
8:30 AM	WHOLE BODY CIRCUIT