

Jan-24



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30AM - 5:15AM	Group Personal Coaching		Group Personal Coaching		Group Personal Coaching	
5:30AM - 6:15AM	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	
6:30AM - 7:15AM	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	
7:00AM - 7:45AM						Group Personal Coaching
8:00AM - 8:45AM						Group Personal Coaching
9:00AM - 9:45AM	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching
10:00AM - 10:45AM						
12:00PM - 12:45PM	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	
3:30PM - 4:15PM	Group Personal Coaching	Group Personal Coaching		Group Personal Coaching	Group Personal Coaching	
4:30PM - 5:15PM	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	
6:00PM - 6:45PM	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching		

CALL OR TEXT 607-331-0212 TO SET UP A FREE FITNESS CONSULTATION!