

Journey 333 Corning Group Personal Coaching Schedule

Never Give Up!	Monday Weigh-in/Turn in Journal	Tuesday Weigh-in/Turn in Journal	Wednesday Pick up Journal	Thursday Pick up Journal	Friday New Workout	Saturday New Workout
4:30am-5:20am	Group Personal Coaching		Group Personal Coaching		Group Personal Coaching	
5:30am-6:20am	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	
6:30am-7:20am	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	
7:00am-7:50am						Group Personal Coaching
8:00am-8:50am						Group Personal Coaching
9:00am-9:50am	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching
10:30am-11:20am	<i>Journey Forever</i>		<i>Journey Forever</i>		<i>Journey Forever</i>	
12:00pm-12:50pm	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	
3:30pm-4:20pm	Group Personal Coaching	Group Personal Coaching		Group Personal Coaching	Group Personal Coaching	
4:30pm-5:20pm	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	Group Personal Coaching	
6:00pm-6:50pm	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						

