




Ithaca Group Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am - 5:45am	Group Personal Training		Group Personal Training		Group Personal Training	
5:30am - 6:15am		Group Personal Training		Group Personal Training		
6am - 6:45am	Group Personal Training		Group Personal Training		Group Personal Training	
8am-8:45am						Group Personal Training
9am- 9:45am	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training
12pm-12:45pm	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	
3:30pm-4:15pm	Group Personal Training		Group Personal Training		Group Personal Training	
3:45pm - 4:30pm		Group Personal Training		Group Personal Training		
5pm - 5:45pm	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	Group Personal Training	
6pm - 6:45pm	Group Personal Training		Group Personal Training		Group Personal Training	