



Londonderry Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am - 6:15am	Journey Group Coaching	Journey Group Coaching	Journey Group Coaching		Journey Group Coaching	
7:00am-7:45am		Journey Group Coaching			Journey Group Coaching	
8:00am - 8:45am						Journey Group Coaching
9:00am - 9:45am	Journey Group Coaching		Journey Group Coaching		Journey Group Coaching	Journey Group Coaching
10:30am-11:30am						
12:00pm-12:45pm		Journey Group Coaching		Journey Group Coaching		
4:15pm-5:00pm		Journey Group Coaching		Journey Group Coaching	Journey Group Coaching	
6:15pm-7:00pm	Journey Group Coaching	Journey Group Coaching		Journey Group Coaching		