

# JOURNEY @ FITNESS

It's Time To Get Metabolically Disturbed (607)735-0333



## Group Personal Training Schedule Corning NY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am - 7:00	Weigh ins/ Goal Setting Group Personal Training	Weigh ins/ Goal Setting Group Personal Training	Group Personal Training Nutrition	Group Personal Training Nutrition		
5:30am -6:30					Group Personal Training	
6:30-7:30am					Group Personal Training	
7am-8am						Group Personal Training
8am-9am						Group Personal Training
8:30-10am	Weigh ins/ Goal Setting Group Personal Training	Weigh ins/ Goal Setting Group Personal Training	Nutrition Group Personal Training	Nutrition Group Personal Training		
9am-10					Group Personal Training	Group Personal Training
10am-11					Group Personal Training	Group Personal Training
11:00-12pm					Group Personal Training	Group Personal Training
11:30am-1pm	Weigh ins/ Goal Setting Group Personal Training	Weigh ins/ Goal Setting Group Personal Training	Nutrition Group Personal Training	Nutrition Group Personal Training		
12pm-1pm					Group Personal Training	
4-5:30	Weigh ins/ Goal Setting Group Personal Training	Weigh ins/ Goal Setting Group Personal Training	Nutrition Group Personal Training	Nutrition Group Personal Training		
5:30pm-7:00	Weigh ins/ Goal Setting Group Personal Training	Weigh ins/ Goal Setting Group Personal Training	Nutrition Group Personal Training	Nutrition Group Personal Training		
7:00-8:30	Weigh ins/ Goal Setting Group Personal Training			Nutrition Group Personal Training		