

Group Personal Training Schedule Corning NY

I NES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Weigh ins/ Goal	Weigh ins/ Goal	Group Personal	Group Personal		
	Setting Group	Setting Group	Training	Training		
5:30am - 7:00	Personal Training	Personal Training	Nutrition	Nutrition		
5:30am -6:30					Group Personal Training	
6:30-7:30am					Group Personal Training	
						Group Personal
7am-8am						Training Group Personal
8am-9am						Training Training
	Weigh ins/ Goal	Weigh ins/ Goal				
	Setting Group	Setting Group	Nutrition Group	Nutrition Group		
8:30-10am	Personal Training	Personal Training	Personal Training	Personal Training	Con Developed	Constant
9am-10					Group Personal Training	Group Personal Training
Jaiii-10					Group Personal	Group Personal
10am-11					Training	Training
					Group Personal	Group Personal
11:00-12pm					Training	Training
	Weigh ins/ Goal Setting Group	Weigh ins/ Goal Setting Group	Nutrition Group	Nutrition Group		
11:30am-1pm	Personal Training	Personal Training	Personal Training	Personal Training		
	8					
					Group Personal	
12pm-1pm					Training	
	Weigh ins/ Goal	Weigh ins/ Goal				
4 5 20	Setting Group	Setting Group	Nutrition Group	Nutrition Group		
4-5:30	Personal Training	Personal Training	Personal Training	Personal Training		
	Moigh ins / Cost	Moigh ins / Cost				
	Weigh ins/ Goal Setting Group	Weigh ins/ Goal Setting Group	Nutrition Group	Nutrition Group		
5:30pm-7:00	Personal Training	Personal Training	Personal Training	Personal Training		
	Weigh ins/ Goal					
7.00 0 20	Setting Group			Nutrition Group		
7:00-8:30	Personal Training			Personal Training		