GROUP PT SCHEDULE SEPTEMBER 2016

Participants arriving more than 10 minutes after start time will be asked to attend the next session.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				5AM - 6AM		
				12:00PM - 12:45PM	9AM - 10AM	8AM - 9AM
				5:00PM - 6:00PM		
				Chest/Back/Cardio		Total Body
4	5	6	7	8	9	10
	5AM - 6AM	5AM - 6AM		5AM - 6AM		
OFF	9AM - 10AM	12:00PM - 12:45PM	9AM - 10AM	12:00PM - 12:45PM	9AM - 10AM	8AM - 9AM
	5:00PM - 6:00PM	5:00PM - 6:00PM		5:00PM - 6:00PM		
	Legs/Cardio	Back/Biceps/Abs		Chest/Triceps/Abs		Total Body
11	12	13	14	15	16	17
	5AM - 6AM	5AM - 6AM		5AM - 6AM		
OFF	9AM - 10AM	12:00PM - 12:45PM	9AM - 10AM	12:00PM - 12:45PM	9AM - 10AM	8AM - 9AM
	5:00PM - 6:00PM	5:00PM - 6:00PM		5:00PM - 6:00PM		
	Shoulders/Arms	Chest/Abs/Cardio		Legs/Back		Total Body
18	19	20	21	22	23	24
	5AM - 6AM	5AM - 6AM		5AM - 6AM		
OFF	9AM - 10AM	12:00PM - 12:45PM	9AM - 10AM	12:00PM - 12:45PM	9AM - 10AM	8AM - 9AM
	5:00PM - 6:00PM	5:00PM - 6:00PM		5:00PM - 6:00PM		
	Back/Shoulders/Abs	Legs/Arms/Cardio		Chest/Abs		Total Body
25	26	27	28	29	30	
	5AM - 6AM	5AM - 6AM		5AM - 6AM		
OFF	9AM - 10AM	12:00PM - 12:45PM	9AM - 10AM	12:00PM - 12:45PM		
	5:00PM - 6:00PM	5:00PM - 6:00PM		5:00PM - 6:00PM		
	Chest/Back/Abs	Legs/Cardio		Shoulders/Arms/Abs		