

November

SGPT

SMALL GROUP PERSONAL TRAINING



MON	TUE	WED	THU	FRI	SAT
5:45 AM (ANNIE)	5:45 AM (BROOKE)	5:45 AM (DEE)	5:45 AM (LIZ)	5:45 AM (JOY)	
9:00 AM (ANNIE)	9:00 AM BOXING (PAM)	9:00 AM (DEE)	9:00 AM (LIZ)		9:00 AM (ROTATING)
	10:00 AM (JOY)		10:00 AM BOXING (DEE)	10:00 AM (JOY)	10:00 AM BOXING (ROTATING)

"SMALL GROUP, BIG RESULTS"