



# SGPT

SMALL GROUP PERSONAL TRAINING  
STARTING WEEK OF 8/21

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

6:00 AM  
(DEE)

6:00 AM  
(JOY)


6:00 AM  
(DEE)

6:00 AM  
(LIZ)

6:00 AM  
(JOY)

8:00 AM  
BOOTCAMP  
(MATT)

9:00 AM  
(PAM)

9:00 AM  
BOXING  
(PAM) 

9:00 AM  
(DEE)

9:00 AM  
(LIZ)

9:00 AM  
(ROTATING)

10:00 AM  
(JOY)

10:00 AM  
(JOY)

"SMALL GROUP, BIG RESULTS"