

OCTOBER

SGPT



SMALL GROUP PERSONAL TRAINING



MON

TUE

WED

THU

FRI

SAT

**5:30 AM
(JOY)**

**5:30 AM
(JOY)**

**5:30 AM
(LIZ)**

**5:30 AM
(LIZ)**

**5:30 AM
(JOY)**

**9:00 AM
(PAM)**

**9:00 AM
BOXING
(PAM)**

**9:00 AM
(PAM)**

**9:00 AM
(LIZ)**

**9:00 AM
(ROTATING)**

**10:00 AM
(JOY)**

**10:00 AM
(JOY)**

"SMALL GROUP, BIG RESULTS"