

February

SGPT



SMALL GROUP PERSONAL TRAINING

MON

TUE

WED

THU

FRI

SAT

5:30 AM
(JOY)

5:30 AM
(JOY)

5:30 AM
(ELIZ)

5:30 AM
(JOY)

9:00 AM
(PAM)

9:00 AM
BOXING
(PAM)

9:00 AM
(PAM)

9:00 AM
(ELIZ)

9:00 AM
(ROTATING)

10:00 AM
(JOY)

6:00 PM
BOXING
(ANTOINE)
@PULSEology

10:00 AM
(JOY)

"SMALL GROUP, BIG RESULTS"