



# Spring 2017 Small Group Training Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
07:00am							
07:30am		Small Group		Small Group			
08:00am							
08:30am							
09:00am	Small Group	Small Group	Small Group	Small Group	Small Group	Small Group	
09:30am							
10:00am							
10:30am				Small Group	Small Group		
11:00am							
11:30pm							
12:00pm		Small Group		Small Group		Small Group	
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm		Small Group		Small Group			
5:30pm							
6:00pm							
6:30pm							
7:00pm	Small Group	Small Group	Small Group	Small Group			

**What is Small Group Training?** During your training sessions, you will meet with one of our trainers in our Small Group format (up to a maximum of 4 people). In this personalized setting, you will be exposed to in-depth instruction while focusing on your specific goals. **This training membership delivers the best results and is just like private personal training at a fraction of the cost.**