



Fee Based GROUP COACHING SCHEDULE-OCTOBER 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6AM-7AM			BootCamp 6-7AM Alex		BootCamp 6-7AM Jess		
7AM-8AM			Suspension Trng L1 7-8AM Alex	Suspension Trng L3 7:45-8:45AM Pam			
8AM-9AM		Suspension Trng L2 8-9AM Jess					
9AM-10AM			Suspension Trng L3 9:15-10:15AM Pam	MELT 9:15-10AM Betsy	Suspension Trng L1 9:15-10:15AM Pam	Suspension Trng L2 10-11AM Pam	
10AM-11AM							
11AM-12PM							
5PM-6PM							
6PM-7PM			BootCamp 6-7PM Jess		BootCamp 6-7PM Jess		
7PM-8PM		starts 10/22 Strength Training Boot Camp 6:30-7:30PM Beth					
8PM-9PM			Krav Maga 7:15-8:30PM contact neurons4@comcast.net				
Coaching Location =>		Fitness Center - Grp Coaching Area		Aerobic Rm	Quiet Corner		