

### SMALL GROUP COACHING (PAID FOR PROGRAMS) SCHEDULE OCTOBER 2020

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
		5:30-6:30 AM BOOT CAMP: Alex		5:30-6:30 AM BOOT CAMP: Jess		
8-9 BOOT CAMP: Sadaf						7:30-8:30 AM PILATES CORE CAMP: Sadaf
					9-9:45 AM TRX- Sadaf	
					10-10:45 AM TRX- Sadaf	
			10-11 MELT Sm Grp Coaching: Betsy		11-12 MELT Sm Grp Coaching: Betsy	