

CORE PRINCIPLES

PERSONAL TRAINING

Summer 2021

In-Person Training @ CP (50 Min)

Virtual FOY Sessions (60 Min)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 am		6:00 am		
7:00 am	7:00/7:00	7:00 am	7:00 am		
8:00 am		8:00 am	8:00 am	7:00 am 7:30 am	8:30 am
9:00 am		9:00 am		9:00 am 10:00 am	9:30 am
12:00 pm		12:00 pm		12:00 pm	
4:30 pm	4:30 pm		4:30 pm		
5:30 pm	5:30 pm	5:30 pm	5:30 pm		