



## Personal Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Smart Fit	Full-Throttle	Smart Fit	Full-Throttle	Smart Fit	
7am					Iron Core	
9am						Smart Fiit
5:45		Smart Fit				
6pm	Smart Fit		Iron Core	Box Fit		
7pm	Box Fit		Box Fit			