

SEMI-PRIVATE COACHING EASTRIDGE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|--------------------|--------------------|--------------------|----------------|----------------|
| | | | | | |
| 5:30 AM Tim | 6:00 AM Brendan | 5:30 AM Tim | 6:00 AM Brendan | 5:30 AM Tim | |
| | | | | | 7:00 AM Tim |
| | | | | | 8:00 AM Tim |
| 9:00 AM Hillary | | 9:00 AM Hillary | | | |
| | | | | | |
| 4:30 PM Tim | 5:00 PM Tim | 4:30 PM Tim | 5:00 PM Tim | | |
| | | | | | |

SEMI-PRIVATE COACHING WESTRIDGE

| | | | | |
|-------------------|------------------|-------------------|------------------|--|
| | 6:00 AM Julie | | 6:00 AM Julie | |
| | | | | |
| 12:00 PM Julie | | 12:00 PM Julie | | |
| | 5:00 PM Julie | | 5:00 PM Julie | |
| | | | | |

Schedules are subject to change on a monthly basis. To schedule for a time slot please call:

East Location: 715-833-2100 ext. 4

West Location: 715-839-3702

Please Remember

Print your First and Last Name in the appointment book