



COACHING HOURS

- Schedule appt. each week
- Show up on time
- Bring completed food journal
- Think of new weekly goals

Monday

7:00am-12:00am
3:00pm-7:00pm

Wednesday

7:00am-12:00am
3:00pm-7:00pm

Thursday

3:00pm-7:00pm

Fridays

7:00am-12:00am

RESULTS TRAINING

- Schedule appt. each week
- Show up 5 minutes early
- Bring water bottle to class!
- Wear good tennis shoes

Monday

7:10am-7:50am-8:30am
4:00pm-4:40pm-5:20pm-6:00pm

Wednesday

7:10am-7:50am-8:30am
3:50pm-4:30pm-5:10pm-5:50pm-
6:30pm

Thursday

5:00pm-5:40pm-6:20pm-7:00pm

