



COACHING HOURS

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

Monday

7:00am-11:30am
3:00pm-6:30pm

Wednesday

7:00am-11:30am
3:00pm-6:30pm

Thursday

3:00pm-6:45pm

Fridays

7:00am-11:45am

RESULTS TRAINING

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

Monday

7:00am-7:30am-8:00am
4:00pm-4:30pm-5:00pm-5:30pm

Wednesday

7:30am-8:00am-8:30am
5:00pm-5:30pm-6:00pm-6:30pm

Thursday

5:00pm-5:30pm-6:00pm-6:30pm

