

[*h* +] performance

	Monday	Tuesday	Wednesday	Thursday	Friday
6am	Small Group Transformation	Small Group Transformation	Small Group Transformation	Small Group Transformation	Small Group Transformation
7am	PT	PT	PT	PT	PT
8am	PT	PT	PT	PT	PT
9am	PT	PT	PT	PT	PT
10am	PT	PT	PT	PT	PT
11am	Small Group Fitness Training	Small Group Fitness Training	Small Group Fitness Training	Small Group Fitness Training	Small Group Fitness Training
12pm	PT	PT	PT	PT	PT
1pm	Small Group Transformation	Small Group Transformation	Small Group Transformation	Small Group Transformation	Small Group Transformation
2pm	PT	PT	PT	PT	PT
3pm	PT	PT	PT	PT	PT
4pm	PT	PT	PT	PT	PT
5pm	Small Group Fitness Training	PT	Small Group Fitness Training	PT	Small Group Fitness Training
6pm	Small Group Transformation	PT	Small Group Transformation	PT	Small Group Transformation
7pm	Small Group Fitness Training	PT	Small Group Fitness Training	PT	Small Group Fitness Training