



# Fitness Training: Jan. – Dec. 2020

| Sunday | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--------|--|--|--|--|--|---|
| OFF    | <b>Goodman's Bay</b><br>5:00am-6:00am<br>6:00am-7:00am | <b>Goodman's Bay</b><br>5:00am-6:00am<br>6:00am-7:00am | <b>Goodman's Bay</b><br>5:00am-6:00am<br>6:00am-7:00am | <b>Goodman's Bay</b><br>5:00am-6:00am<br>6:00am-7:00am | <b>Goodman's Bay</b><br>5:00am-6:00am<br>6:00am-7:00am | <b>Goodman's Bay</b><br>8:00am-9:00am<br>9:00am-10:00am |
| OFF    | <b>Goodman's Bay</b><br>5:00am-6:00am<br>6:00am-7:00am | <b>Goodman's Bay</b><br>5:00am-6:00am<br>6:00am-7:00am | <b>Goodman's Bay</b><br>5:00am-6:00am<br>6:00am-7:00am | <b>Goodman's Bay</b><br>5:00am-6:00am<br>6:00am-7:00am | <b>Goodman's Bay</b><br>5:00am-6:00am<br>6:00am-7:00am | <b>Goodman's Bay</b><br>8:00am-9:00am<br>9:00am-10:00am |
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\*Training schedule is subject to change due to inclement weather or other circumstances. All participants will be notified between 4-24 hours prior to any change. A Packet which includes a Nutritional Plan will be provided.

\*Once your payment has been received, we will contact you regarding the days you would like to train so we can create a personalized schedule for you.

\*We will also provide you with a list of items needed for practice that will help you to reach your desired goals in a shorter timeframe.