

Authentic Health

SEMI PRIVATE PERSONAL TRAINING TIMETABLE

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:45am		Chris		Chris		
7am	Madeleine		Madeleine		Sarah	
9am	Sarah	Sarah	Sarah		Chris	Madeleine 10:30am
5pm	Chris		Chris			
6pm	Sarah		Sarah			
7pm		Madeleine		Madeleine		

NOTES