

Commit Fit



Pilates Mix, Pilates Cross-Training, Group Personal Training						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM			GPT	PMix	GPT	
5:30AM	GPT					
6:00AM						
6:30AM						
7:00AM		PMix		GPT	GPT	GPT
8:00AM						
8:30AM		GPT				
9:00AM	PMix		PMix		PCT	PCT
9:30AM		PMix		PMix		
10:00AM	GPT		GPT		GPT	
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4:00PM	GPT			PCT		
5:00PM						
5:30PM		PMix				
6:00PM	GPT		GPT	GPT		
7:00PM						

CHRIS

CHASE

BRIDGET

ANDREW

PMix = Pilates Mix
PCT = Pilates Cross Training
GPT = Group Personal Training