

## **LIVE360 Group Personal Training Schedule January 2012**

LIVECLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	<b>LOWER</b> w/ SHELBY 8:00-9:00		<b>UPPER</b> w/ SHELBY 8:00-9:00			<b>METABOLIC</b> w/KIRA 8:00-9:00
9:00 AM						
10:00 AM						
11:00 AM						
12:00 PM	<b>METABOLIC</b> w/SHELBY 12:00M-1:00PM				<b>METABOLIC</b> w/SHELBY 12:00M-1:00PM	
1:00 PM						
2:00 PM						
3:00 PM						
4:30 PM	<b>METABOLIC</b> w/ STEPH 4:30-5:30	<b>LOWER</b> w/ STEPH 4:30-5:30	<b>UPPER</b> w/ STEPH 4:30-5:30	<b>METABOLIC</b> w/KIRA 4:30-5:30	<b>LOWER</b> w/ SARAH 4:30-5:30	
5:30 PM	<b>LOWER</b> w/ STEPH 5:30-6:30	<b>METABOLIC</b> w/ STEPH 5:30-6:30	<b>LOWER</b> w/ STEPH 5:30-6:30	<b>UPPER</b> w/KIRA 5:30-6:30	<b>UPPER</b> w/RACHEL 5:30-6:30	
6:30 PM	<b>UPPER</b> w/ STEPH 6:30-7:30	<b>UPPER</b> w/ STEPH 6:30-7:30	<b>METABOLIC</b> w/ STEPH 6:30-7:30	<b>LOWER</b> w/ KIRA 6:30-7:30		