



# FULL POTENTIAL PERSONAL TRAINING GROUP EXERCISE SCHEDULE

WWW.FULLPOTENTIALPT.NET

## MONDAY

9:15 AM Pilates Flex & Stretch

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## TUESDAY

6:15 AM Barre Pilates

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## WEDNESDAY

5:30 AM 15/15/15

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9:00 AM Hatha Yoga

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## THURSDAY

6:15 AM Pilates Fusion

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## SATURDAY ROTATIONS 9:00 AM

1ST SAT Barre Pilates

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2ND SAT Pilates Fusion

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3RD SAT Hatha Yoga

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4TH SAT TRX Flex & Stretch

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5TH SAT Rotating Class

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## SUNDAY

3:00 PM

4TH SUN Restorative Yoga

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\*SCHEDULE SUBJECT TO CHANGE; VERIFY ROTATIONS AND  
INSTRUCTORS VIA OUR REGISTRATION SOFTWARE

