



NJ FITNESSFACTORY

Group Personal Training Schedule

365 Broad Street, Bloomfield, NJ
 www.njfitnessfactory.com
 Bloomfieldpersonaltraining@gmail.com
 973-900-1129

Community Group Personal Training Sessions Every Saturday

\$10.00 Drop-in fee for non-members.
 All money collected will go to a
 different charity each month.

Child Care Hours –
 Monday – Friday:
 8:05am-10:05am &
 4:45pm – 7:40pm
 Saturday – 9:00am – 11:40am



Make sure to check our Facebook
 page for schedule updates!

While you are there LIKE our
 page and receive 3 free guest
 passes for group training!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am 10:00am 11:00am – Yoga hosted by Powerflow Yoga	5:30am	5:30am	5:30am	5:30am	5:30am	9:00am
	6:20am	6:20am	6:20am	6:20am	6:20am	9:55am* Low intensity Women only
	8:15am	8:15am	8:15am	8:15am	8:15am	
	9:20am	9:20am	9:20am	9:20am	9:20am	10:50am
	4:55pm	4:55pm	4:55pm	4:55pm	4:55pm	Community Class* \$10 Drop-in fee for non-members
	5:50pm	5:50pm	5:50pm	5:50pm	5:50pm	
	6:45pm* Low Intensity Women only	6:45pm* Low Intensity Women only	6:45pm* Low Intensity Women only	6:45pm* Low Intensity Women only		
	7:40pm	7:40pm	7:40pm	7:40pm		
						Updated 7/25