

## Beechmont Fitness - Personal Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
Kellie 5:15-6:15am	Adult Advanced Bootcamp - Mr. John 5:30-6:30am		Adult Advanced Bootcamp Mr. John 5:30-6:30am	Kellie 5:15-6:15am	
			Joe 6:00-7:00am		
	Mr. John Personal Training 7:15-9:15am	Mr. John Personal Training 6:15-8:15am			
Kellie 8:00-9:00am		Kellie 8:00-9:00am		Mr. John Personal Training 6:15-9:30am	
Mr. John Personal Training 8:30-9:30am		Mr. John Personal Training 8:30-11:30am			ADULT BEGINNER/INTERMEDIATE BOOT CAMP - MR. JOHN 8:30am-9:30am
	Brian 8:30-9:30am		Brian 8:30-9:30am		
Beth OR Blance 9:00-10:00am		Beth 9:00-10:00am		Beth 9:00-10:00am	
	Blanche 9:30-10:30am		Brian 9:30-10:30am	ADULT ADVANCED BOOT CAMP - MR. JOHN 9:30am-10:30am	Joe 9:30am-10:30am
			Blanche 9:30-10:30am	ADULT BEGINNER/INTERMEDIATE BOOT CAMP - MR. JOHN 10:30am-11:30am	Boxing2GifFit - BRIAN 10:45am-11:45am
	Beth 10:15-11:30am		Beth 10:15-11:30am		
			Beginner Group - Beth 11:30-12:30pm		
	Beginner Group - Beth 11:30-12:30pm		Mr. John Personal Training 11:30-1:30pm	Mr. John Personal Training 11:30-12:30pm	
PM	PM	PM	PM	PM	PM
		Mr. John Personal Training 3:30-4:30pm	Mr. John Personal Training 1:30-5:30pm	Mr. John Personal Training 4:00-5:00pm	
Joe 6:00-7:00pm		Joe 6:00-7:00pm			
Brian 6:15-7:15pm		Brian 6:15-7:15pm	Brian 6:15-7:15pm		
Beth 6:15-7:15pm	Boxing & Weights - Brian 6:15-7:15pm	Beth 6:15-7:15pm	Beth 6:15-7:15pm		
	Beth 6:15-7:15pm				
<p>All 45 minute classes are \$48 for the 6 week session.  All 60 minute classes are \$54 for the 6 week session.  Non-Members are welcome and must pay an additional \$20 per session.  All classes must be paid in full at registration.  There are no refunds or credit for missed classes. If you miss a class for any reason a make-up must be done during the current session.  Classes must have a minimum of 5 students.  For information, call Mr. John at 513 528-5700 ext. 4 or email mrjohntraining@gmail.com.</p>					