



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 – 7:25pm
 Saturday – 9:00am – 10:30am



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
9:30am	5:30am - Cedric	5:30am - Cedric	5:30am - Cedric	5:30am - Cedric	5:30am - Cedric	9:00am* – Tom
	6:20am - Cedric	6:20am - Cedric	6:20am - Cedric	6:20am - Cedric	6:20am - Cedric	
	8:15am - Cedric	8:15am - Cedric	8:15am - Cedric	8:15am - Cedric	8:15am - Cedric	9:50am* – Tom Low intensity Women only
	9:20am - Cedric	9:20am - Cedric	9:20am - Cedric	9:20am - Cedric	9:20am – Cedric	
	YouthFit 6-10 4:05pm - Angie	YouthFit 11-15 4:05pm - Tom	YouthFit 6-10 4:05pm - Angie	YouthFit 11-15 4:05pm - Tom	YouthFit 6-10 4:05pm - Angie	YouthFit kids 11-15 10:40am- Tom
	4:55pm - Tom	4:55pm - Tom	4:55pm – Tom	4:55pm – Tom	4:55pm – Tom	Community Class* \$10 Drop-in fee for non-members
	5:45pm – Tom	5:45pm – Tom	5:45pm - Tom	5:45pm – Tom	5:45pm - Tom	
	6:35pm – Tom Low Intensity Women only	6:35pm – Tom Low Intensity Women only	6:35pm – Tom Low Intensity Women only	6:35pm - Tom Low Intensity Women only		
	7:25pm - Tom	7:25pm - Tom	7:25pm – Tom	7:25pm - Tom		
			Group Nutrition- 8:05am			Updated 2/16