

FITBODY WORKOUT SCHEDULE

	Workout times	Days of the week	Fitness Coach
Early am	6am - 630am	M-Fri	Brima
Early am	8-830am	Sat	Bernice
Late am	10am - 1030am	M-Fri	Osi
Early Pm	12pm - 1230pm	M-Fri	Osi
Early Evening	5pm - 530pm	M-Fri	Bernice
Late Evening	6pm -630pm	M-Fri	Bernice

*** Please Note Schedules are made based on availability of fitness coach and are subject to change.**

*** For your schedule convenience, please contact your fitness coach if you would like a time that is not listed on the schedule above.**