



# LANGSTAFF



Monday	Session Type	Capacity	Trainer(s)
6:30- 7:30 AM	Academy III <i>*½ weight training ½ cardio training</i>	15 Clients	Donald
9:05-10:05 AM	Academy III	24 Clients	Donald/Richard
10:10-11:10 AM	Academy II <i>*PBC Real Version of Movement &amp; high intensity training</i>	15 Clients	Donald
4:10 - 5:10PM	PBC Interactive Trainer <i>*Keep It Simple &amp; Make it burn. Lots of instruction</i>	15 Clients	Sandra
5:15 - 6:00PM	Academy III	15 Clients	Richard
6:00 - 7:00PM	Hollywood North <i>*Cardio &amp; Abs</i>	20 Clients	Richard & Bianca
7:10 - 8:10PM	Academy III	20 Clients	Richard & Bianca
8:10 - 9:10PM	Academy III	20 Clients	Richard & Bianca
Tuesday	Session Type	Capacity	Trainer(s)
6:30- 7:30 AM	Orange County <i>*(EBR- Everything below the ribs (Lower Body Training))</i>	15 Clients	Donald
9:05-10:05 AM	Orange County	24 Clients	Donald
10:10-11:10 AM	Orange County	15 Clients	Richard
4:10 - 5:10PM	Academy I <i>*Classic Circuit training</i>	15 Clients	Paul
5:15 - 6:00PM	Academy I	15 Clients	Paul
6:10 - 7:00PM	Academy I	15 Clients	Richard
7:10 - 8:10PM	Academy II <i>*PBC Real Version of Movement &amp; high intensity training</i>	15 Clients	Richard
8:10 - 9:10PM	Academy II	15 Clients	Richard
Wednesday	Session Type	Capacity	Trainer(s)
6:30-7:30 AM	PBC Interactive Trainer	15 Clients	Donald
9:05-10:05 AM	PBC Interactive Trainer	24 Clients	Paul
10:10-11:10 AM	PBC Interactive Trainer		Paul
4:10 - 5:10PM	Boot Camp with a Kick	15 Clients	Richard
5:15 - 6:00PM	Academy III <i>*½ weight training ½ cardio training</i>	15 Clients	Mike
6:00 - 7:00PM	Academy III	15 Clients	Mike
7:10 - 8:10PM	OMG it Burns! Advanced	24 Clients	Mike & Richard
8:10 - 9:10PM	Orange County	15 Clients	Mike
Thursday	Session Type	Capacity	Trainer(s)
6:30- 7:30 AM	Hollywood North <i>*Cardio &amp; Abs</i>	15 Clients	Anessa
9:05-10:05 AM	Hollywood North	15 Clients	Anessa
10:10-11:10 AM	Hollywood North	15 Clients	Anessa
5:15 - 6:00PM	PCC Interactive Trainer <i>*Keep It Simple &amp; Make it burn. Lots of instruction</i>	15 Clients	Richard
6:00 - 7:00PM	PCC Interactive Trainer	24 Clients	Richard
7:10 - 8:10PM	Academy I <i>*Classic Circuit training</i>	10 Clients	Daniela
7:10 - 8:10PM	Super Boot Camp Advanced	10 Clients	Paul
8:10 - 9:10PM	Academy I	24 Clients	Paul & Daniela
Friday	Session Type	Capacity	Trainer(s)
9:05-10:05 AM	Academy III <i>*½ weight training ½ cardio training</i>	15 Clients	Richard & Claudia
10:10-11:10 AM	Academy III	15 Clients	Claudia
4:10 - 5:10PM	Academy III	15 Clients	Richard
6:10 - 6:55PM	Academy III	15 Clients	Richard
Saturday	Session Type	Capacity	Trainer(s)
7:50- 8:40 AM	Academy III <i>*½ weight training ½ cardio training</i>	15 Clients	Natalie or Mike
8:55-9:50 AM	Academy III	15 Clients	Richard & Natalie/ Mike
10:05-11:05 AM	Orange County <i>*(EBR- Everything below the ribs (Lower Body Training))</i>	15 Clients	Natalie or Mike
Sunday	Session Type	Capacity	Trainer(s)
9:00-10:0 AM	Academy III <i>*½ weight training ½ cardio training</i>	15 Clients	Natalie or Mike
10:00 -11:00 AM	Academy III	15 Clients	Natalie or Mike