



# ZENWAY



Monday	Session Type	Capacity	Trainer(s)
9:05-10:05 AM	PBC Interactive Trainer* <i>Keep It Simple &amp; Make it burn. Lots of instruction</i>	30 Clients	Paul/Brandon/Claudia
10:10-11:10 AM	Academy I * <i>Classic Circuit training</i>	15 Clients	Claudia
12:10 -12:50 PM	Academy I	15 Clients	Brandon
4:10 - 5:10PM	Academy II * <i>PBC Real Version of Movement &amp; high intensity training</i>	15 Clients	Donald
5:15 - 6:00PM	Academy II	15 Clients	Andrea
6:00 - 7:00PM	Academy III * <i>½ weight training ½ cardio training</i>	24 Clients	Paul & Andrea
7:10 - 8:10PM	Academy II	15 Clients	Andrea
7:10 - 8:10PM	Super Boot Camp Intermediate to Advanced	12 Clients	Paul
8:10 – 9:10PM	Super Boot Camp Intermediate to Advanced	12 Clients	Paul
8:10 - 9:10PM	Academy II	15 Clients	Andrea
	Assessments- None		
Tuesday	Session Type	Capacity	
9:05-10:05 AM	PBC Interactive Trainer * <i>Keep It Simple &amp; Make it burn. Lots of instruction</i>	24 Clients	Paul & Claudia
10:10-11:10 AM	PBC Interactive Trainer	15 Clients	Claudia
4:10 - 5:10PM	PBC Interactive Trainer	20 Clients	Anessa & Bianca
5:15 - 6:00PM	PBC Interactive Trainer	20 Clients	Anessa & Bianca
6:00 - 7:00PM	PBC Interactive Trainer	20 Clients	Anessa & Bianca
7:10 - 8:10PM	Orange County * <i>(EBR- Everything below the ribs (Lower Body Training)</i>	20 Clients	Bianca & Andrea
8:10 - 9:10PM	PBC Trainer Specialty	20 Clients	Bianca & Andrea
	Assessments- 10:30 – 12:30 Paul 5-6:30 Andrea		
Wednesday	Session Type	Capacity	
9:05-10:05 AM	Academy III * <i>½ weight training ½ cardio training</i>	30 Clients	Richard/Brandon/Donald
10:10-11:10 AM	Academy III	15 Clients	Donald
12:10 -12:50 PM	Academy IV * <i>Phyometric Extreme Training for intermediate to advanced trainee</i>	15 Clients	Brandon
4:10 - 5:10PM	Academy III	15 Clients	Donald
5:15 - 6:00PM	Academy III	15 Clients	Donald
6:00 - 7:00PM	Academy III	15 Clients	Paul
7:10 - 8:10PM	Hollywood North * <i>Cardio &amp; Abs</i>	15 Clients	Sandra
8:10 - 9:10PM	Hollywood North	24 Clients	Sandra & Paul
	Assessments- 6-8 Andrea		
Thursday	Session Type	Capacity	
9:05-10:05 AM	Academy IV	22 Clients	Brandon
10:10-11:10 AM	PBC Interactive Trainer * <i>Keep It Simple &amp; Make it burn. Lots of instruction</i>	15 Clients	Brandon
5:15 - 6:00PM	PBC Interactive Trainer	15 Clients	Anessa
6:00 - 7:00PM	Academy III * <i>½ weight training ½ cardio training</i>	15 Clients	Anessa
7:10 - 8:10PM	Academy III * <i>½ weight training ½ cardio training</i>	15 Clients	Jason
8:10 - 9:10PM	Academy II	15 Clients	Jason
	Assessments- 8:30- 10am Paul		
Friday	Session Type	Capacity	
9:05-10:05 AM	Academy I	30 Clients	Paul/Anessa/Donald
10:10-11:10 AM	Academy I	15 Clients	Anessa
12:10 – 12:50PM	Academy I	15 Clients	Donald
4:10 - 5:10PM	Academy I	15 Clients	Donald
6:10 - 6:55PM	Academy I	15 Clients	Natalie
	Assessments- 3:30- 5:30 Paul		
Saturday	Session Type	Capacity	
7:50- 8:45 AM	Academy III * <i>½ weight training ½ cardio training</i>	15 Clients	Natalie or Mike
8:55-9:50 AM	Academy II * <i>PBC Real Version of Movement &amp; high intensity training</i>	15 Clients	Natalie or Mike
8:55-9:50 AM	Academy IV * <i>Phyometric Extreme Training for intermediate to advanced trainee</i>	15 Clients	Brandon
10:05-11:00 AM	Academy II	15 Clients	Natalie or Mike
11:05 – 12:00PM	Academy II	15 Clients	Natalie or Mike
	Assessments- 8:00- 11 am Andrea		
Sunday	Session Type	Capacity	
9:00-10:00 AM	Hollywood North * <i>(EBR- Everything below the ribs (Lower Body Training)</i>	15 Clients	Donald
10:00-11:00 AM	Orange County * <i>(EBR- Everything below the ribs (Lower Body Training)</i>	15 Clients	Donald