

iNLeT South Tribe Training & Group Training Schedule

MONDAY







TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:15AM	 RICK (TU/TH)		*GROUP TRAINING AJ*		
6:00AM	*GROUP TRAINING* TRACI	*GROUP TRAINING* TRACI	 RICK (TU/TH)	*GROUP TRAINING* TRACI	
7:15AM					*7:15am GROUP TRAINING AJ*
8:30AM	*GROUP TRAINING* TRACI (TU/TH)		*GROUP TRAINING* TRACI (TU/TH)		
9:30AM	*GROUP TRAINING* KIM	*GROUP TRAINING* KIM	*GROUP TRAINING* KIM	*GROUP TRAINING* KIM	
4:30PM	 TRACI (MON/WED)		 TRACI (MON/WED)		
5:45PM	 TRACI (MON/WED)		 TRACI (MON/WED)		

QUESTIONS ABOUT PERSONAL TRAINING??

Please contact Traci at traci@inletfitness.com
PRIVATE, SEMI-PRIVATE & GROUP TRAINING AVAILABLE