

Owning the Trenches Personal & Open Training Schedule

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	11 9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	12 9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	13 9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	14	15
16	17 9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	18 9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	19 9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	20 9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	21	22
23	24 9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	25 9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	26 No Workouts- Gym Closed	27	28	29
30				<ul style="list-style-type: none"> • Personal training \$25/hour (1ON1) By Appointment only • Open Training (workouts catered towards specific trainees but in a group setting) 		



Contact Information:
WWW.OWNINGTHETRENCHES.NET
 (321) 356-6385
 Facebook: Owning The Trenches



Owning the Trenches Personal & Open Training Schedule

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	No Workouts- Gym Closed					
7	8	9	10	11	12	13
	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT		
14	15	16	17	18	19	20
	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT		
21	22	23	24	25	26	27
	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT	9am – 11am PT (By Appointment Only) 5:30pm- 7:00pm OT		
28	29	30	31			
	11am-1pm PT (By Appointment Only) 5:30pm- 7:00pm OT	11am-1pm PT (By Appointment Only) 5:30pm- 7:00pm OT	11am-1pm PT (By Appointment Only) 5:30pm- 7:00pm OT			
				<ul style="list-style-type: none"> Personal training \$25/hour (1ON1) By Appointment only Open Training (workouts catered towards specific trainees but in a group setting) 		



Contact Information:
WWW.OWNINGTHETRENCHES.NET
 (321) 356-6385
 Facebook: Owning the Trenches

