



## Flagstaff Semi-Private Personal Training Schedule

Our semi-private sessions are 1-hour long with a 10-minute break in between. You can manage your schedule seamlessly through our app. Check out the schedule below to see available session times. We are closed on Sunday.

Session Times	Mon	Tue	Wed	Thu	Fri	Sat
5:00am	✓	✓	✓	✓	✓	
6:10am	✓	✓	✓	✓	✓	
7:20am	✓	✓	✓	✓	✓	✓
8:30am	✓	✓	✓	✓	✓	✓
9:40am	✓	✓	✓	✓	✓	✓
10:50am	✓	✓	✓	✓	✓	✓
12:00pm	✓		✓	✓	✓	✓
1:10pm	✓		✓	✓	✓	✓
2:20pm	✓	✓	✓	✓	✓	
3:30pm	✓	✓	✓	✓	✓	
4:40pm	✓	✓	✓	✓	✓	
5:50pm	✓	✓	✓	✓		
7:00pm	✓	✓	✓	✓		