



GRAVITY SCHEDULE TEMPLATE

Training Schedule

Facility _____

Coordinator/Contact _____

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 am							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							

Instructions
Copy & Paste
Sample Sessions
into Schedule

- Pilates
Reformat Evolved
45 min
- Pilates
GRAVITYMatwork
45 min
- Pilates
GRAVITY Corework
45 min
- Semi
Private
Pilates 45 min
- Group
Strength
- Group
Strength Plus
- GRAVITY
Core Dynamics
- Shoulders Blast
- Abs Blast
- Bi's & Tri's Blast
- Back & Chest Blast
- Buns & Legs Blast
- Semi Private
PT 30 min
- Semi
Private
PT 45 min
- GRAVITY
Post Rehab
- GRAVITY
Seniors
- GRAVITY
Pre Natal
- GRAVITY
Post Natal
- GRAVITY Youth
Secret Circuit
- GRAVITY Youth
Sports Circuit