

## Commercial Fitness Training Timetable Example

Company Name: (enter personal trainer details) Email Address: (enter personal trainer email)					
Facility	Monday	Tuesday	Wednesday	Thursday	Friday
Park (e.g. Hornsby Park)	Type of Training (e.g. Yoga, Cardio)	Type of Training	Type of Training	Type of Training	Type of Training
	Session Time (e.g. 9am to 10am)	Session Time	Session Time	Session Time	Session Time
Sportsground (e.g. Berowra Oval)	Type of Training	Type of Training	Type of Training	Type of Training	Type of Training
	Session Time	Session Time	Session Time	Session Time	Session Time