

MEET THE TRAINER 2024

One of our Bentwater Personal Trainers will be available in the Gym during these times.

January 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 Eddie 2:45pm	9 Jesse 10:45am	10 Eddie 2:45pm	11 Jesse 10:45am	12	13
14	15 Eddie 2:45pm	16 Jesse 10:45am	17 Eddie 2:45pm	18 Jesse 10:45am	19	20
21	22 Eddie 2:45pm	23 Jesse 10:45am	24 Eddie 2:45pm	25 Jesse 10:45am	26	27
28	29	30 Jesse 10:45am	31 Eddie 2:45pm			

MEET THE TRAINER 2024

February 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Jesse 10:45am	2	3
4	5	6 Jesse 10:45am	7 Eddie 2:45pm	8 Jesse 10:45am	9	10
11	12	13 Jesse 10:45am	14 Eddie 2:45pm	15 Jesse 10:45am	16	17
18	19	20	21	22	23	24
25	26	27	28	29		