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	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		1					

MEET THE TRAINER 2024

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