



Jan. 28-Feb. 29



NAME: _____ DATE: _____

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Day 28 Evening		Day 29 Evening		Day 30 Evening		Day 31 Evening		Day 01 Evening		2	
__ 5:00 JM	__ 3:00 KM	__ 5:00 JM	__ 4:00 MC	__ 5:00 JM	__ 3:00 KM	__ 5:00 JM	__ 4:00 BM	__ 5:00 JM	__ 3:30 JM	__ 7:00 KM	
__ 5:30 JM	__ 4:00 KM	__ 5:30 JM	__ 5:00 JM	__ 5:30 JM	__ 4:00 KM	__ 5:30 JM	__ 5:00 BM	__ 5:30 JM	__ 4:30 JM	__ 8:00 KM	
__ 6:00 JM	__ 5:00 KM	__ 6:00 JM	__ 5:30 MC	__ 6:00 JM	__ 5:00 KM	__ 6:00 JM	__ 5:30 MC	__ 6:00 JM	__ 5:30 JM	__ 9:00 KM	
__ 6:30 JM	__ 5:30 MC	__ 7:00 JM	__ 6:00 JM	__ 6:30 JM	__ 5:30 MC	__ 7:00 JM	__ 6:00 BM	__ 6:30 JM	__ 6:30 JM	__ 10:00 KM	
__ 7:00 JM	__ 6:00 KM	__ 8:00 JM	__ 6:30 MC	__ 7:00 JM	__ 6:00 KM	__ 8:00 JM	__ 6:30 MC	__ 7:00 JM		__ 11:00 KM	
__ 8:00 BM	__ 6:30 MC	__ 9:30 JM	__ 7:00 JM	__ 8:00 BM	__ 6:30 MC	__ 9:30 JM	__ 7:00 BM	__ 8:00 JM		__ 12:00 KM	
__ 9:30 BM	__ 7:00 KM		__ 8:00	__ 9:30 BM	__ 7:00 KM		__ 8:00	__ 9:30 JM			
	__ 8:00 MC		YOGA/PILAT.	__ 8:00 MC			YOGA/PILAT.				
__ 11:00 BM		__ 11:00 JM		__ 11:00 BM		__ 11:00 JM		__ 11:00 JM			__ 1:00
1:00 BM				1:00 BM				1:00 JM			YOGA/PILAT.
Day 04 Evening		Day 05 Evening		Day 06 Evening		Day 07 Evening		Day 08 Evening		9	
__ 5:00 JM	__ 3:00 KM	__ 5:00 JM	__ 4:00 MC	__ 5:00 JM	__ 3:00 KM	__ 5:00 JM	__ 4:00 BM	__ 5:00 JM	__ 3:30 JM	__ 7:00 BM	
__ 5:30 JM	__ 4:00 KM	__ 5:30 JM	__ 5:00 JM	__ 5:30 JM	__ 4:00 KM	__ 5:30 JM	__ 5:00 BM	__ 5:30 JM	__ 4:30 JM	__ 8:00 BM	
__ 6:00 JM	__ 5:00 KM	__ 6:00 JM	__ 5:30 MC	__ 6:00 JM	__ 5:00 KM	__ 6:00 JM	__ 5:30 MC	__ 6:00 JM	__ 5:30 JM	__ 9:00 BM	
__ 6:30 JM	__ 5:30 MC	__ 7:00 JM	__ 6:00 JM	__ 6:30 JM	__ 5:30 MC	__ 7:00 JM	__ 6:00 BM	__ 6:30 JM	__ 6:30 JM	__ 10:00 BM	
__ 7:00 JM	__ 6:00 KM	__ 8:00 JM	__ 6:30 MC	__ 7:00 JM	__ 6:00 KM	__ 8:00 JM	__ 6:30 MC	__ 7:00 JM		__ 11:00 BM	
__ 8:00 BM	__ 6:30 MC	__ 9:30 JM	__ 7:00 JM	__ 8:00 BM	__ 6:30 MC	__ 9:30 JM	__ 7:00 BM	__ 8:00 JM		__ 12:00 BM	
__ 9:30 BM	__ 7:00 KM		__ 8:00	__ 9:30 BM	__ 7:00 KM		__ 8:00	__ 9:30 JM			
	__ 8:00 MC		YOGA/PILAT.	__ 8:00 MC			YOGA/PILAT.				
__ 11:00 BM		__ 11:00 JM		__ 11:00 BM		__ 11:00 JM		__ 11:00 JM			__ 1:00
1:00 BM				1:00 BM				1:00 JM			YOGA/PILAT.
Day 11 Evening		Day 12 Evening		Day 13 Evening		Day 14 Evening		Day 15 Evening		16	
__ 5:00 JM	__ 3:00 KM	__ 5:00 JM	__ 4:00 JM	__ 5:00 JM	__ 3:00 KM	__ 5:00 JM	__ 4:00 BM	__ 5:00 JM	__ 3:30 JM	__ 7:00 KM	
__ 5:30 JM	__ 4:00 KM	__ 5:30 JM	__ 5:00 JM	__ 5:30 JM	__ 4:00 KM	__ 5:30 JM	__ 5:00 BM	__ 5:30 JM	__ 4:30 JM	__ 8:00 KM	
__ 6:00 JM	__ 5:00 KM	__ 6:00 JM	__ 5:30 TBA	__ 6:00 JM	__ 5:00 KM	__ 6:00 JM	__ 5:30 MC	__ 6:00 JM	__ 5:30 JM	__ 9:00 KM	
__ 6:30 JM	__ 5:30 MC	__ 7:00 JM	__ 6:00 JM	__ 6:30 JM	__ 5:30 MC	__ 7:00 JM	__ 6:00 BM	__ 6:30 JM	__ 6:30 JM	__ 10:00 KM	
__ 7:00 JM	__ 6:00 KM	__ 8:00 JM	__ 6:30 TBA	__ 7:00 JM	__ 6:00 KM	__ 8:00 JM	__ 6:30 MC	__ 7:00 JM		__ 11:00 KM	
__ 8:00 BM	__ 6:30 MC	__ 9:30 JM	__ 7:00 JM	__ 8:00 BM	__ 6:30 MC	__ 9:30 JM	__ 7:00 BM	__ 8:00 JM		__ 12:00 KM	
__ 9:30 BM	__ 7:00 KM		__ 8:00	__ 9:30 BM	__ 7:00 KM		__ 8:00	__ 9:30 JM			
	__ 8:00 MC		YOGA/PILAT.	__ 8:00 MC			YOGA/PILAT.				
__ 11:00 BM		__ 11:00 JM		__ 11:00 BM		__ 11:00 JM		__ 11:00 JM			__ 1:00
1:00 BM				1:00 BM				1:00 JM			YOGA/PILAT.
Day 18 Evening		Day 19 Evening		Day 20 Evening		Day 21 Evening		Day 22 Evening		23	
__ 5:00 JM	__ 3:00 KM	__ 5:00 JM	__ 4:00 MC	__ 5:00 JM	__ 3:00 KM	__ 5:00 JM	__ 4:00 BM	__ 5:00 JM	__ 3:30 JM	__ 7:00 BM	
__ 5:30 JM	__ 4:00 KM	__ 5:30 JM	__ 5:00 JM	__ 5:30 JM	__ 4:00 KM	__ 5:30 JM	__ 5:00 BM	__ 5:30 JM	__ 4:30 JM	__ 8:00 BM	
__ 6:00 JM	__ 5:00 KM	__ 6:00 JM	__ 5:30 MC	__ 6:00 JM	__ 5:00 KM	__ 6:00 JM	__ 5:30 MC	__ 6:00 JM	__ 5:30 JM	__ 9:00 BM	
__ 6:30 JM	__ 5:30 MC	__ 7:00 JM	__ 6:00 JM	__ 6:30 JM	__ 5:30 MC	__ 7:00 JM	__ 6:00 BM	__ 6:30 JM	__ 6:30 JM	__ 10:00 BM	
__ 7:00 JM	__ 6:00 KM	__ 8:00 JM	__ 6:30 MC	__ 7:00 JM	__ 6:00 KM	__ 8:00 JM	__ 6:30 MC	__ 7:00 JM		__ 11:00 BM	
__ 8:00 BM	__ 6:30 MC	__ 9:30 JM	__ 7:00 JM	__ 8:00 BM	__ 6:30 MC	__ 9:30 JM	__ 7:00 BM	__ 8:00 JM		__ 12:00 BM	
__ 9:30 BM	__ 7:00 KM		__ 8:00	__ 9:30 BM	__ 7:00 KM		__ 8:00	__ 9:30 JM			
	__ 8:00 MC		YOGA/PILAT.	__ 8:00 MC			YOGA/PILAT.				
__ 11:00 BM		__ 11:00 JM		__ 11:00 BM		__ 11:00 JM		__ 11:00 JM			__ 1:00
1:00 BM				1:00 BM				1:00 JM			YOGA/PILAT.
Day 25 Evening		Day 26 Evening		Day 27 Evening		Day 28 Evening					
__ 5:00 JM	__ 3:00 KM	__ 5:00 JM	__ 4:00 MC	__ 5:00 JM	__ 3:00 KM	__ 5:00 JM	__ 4:00 BM				
__ 5:30 JM	__ 4:00 KM	__ 5:30 JM	__ 5:00 JM	__ 5:30 JM	__ 4:00 KM	__ 5:30 JM	__ 5:00 BM				
__ 6:00 JM	__ 5:00 KM	__ 6:00 JM	__ 5:30 MC	__ 6:00 JM	__ 5:00 KM	__ 6:00 JM	__ 5:30 MC				
__ 6:30 JM	__ 5:30 MC	__ 7:00 JM	__ 6:00 JM	__ 6:30 JM	__ 5:30 MC	__ 7:00 JM	__ 6:00 BM				
__ 7:00 JM	__ 6:00 KM	__ 8:00 JM	__ 6:30 MC	__ 7:00 JM	__ 6:00 KM	__ 8:00 JM	__ 6:30 MC				
__ 8:00 BM	__ 6:30 MC	__ 9:30 JM	__ 7:00 JM	__ 8:00 BM	__ 6:30 MC	__ 9:30 JM	__ 7:00 BM				
__ 9:30 BM	__ 7:00 KM		__ 8:00	__ 9:30 BM	__ 7:00 KM		__ 8:00				
	__ 8:00 MC		YOGA/PILAT.	__ 8:00 MC			YOGA/PILAT.				
__ 11:00 BM		__ 11:00 JM		__ 11:00 BM		__ 11:00 JM					
1:00 BM				1:00 BM							

HOW TO SCHEDULE YOUR SESSIONS: Simply fax or bring in your schedule A.S.A.P to guarantee your favorite time slots. PHONE 864.289.9554 FAX 864.288.3457

BLOG our website – Check it out at: www.sonzexercise.com

MORNING COACHING SESSIONS

M-F 5 • 6 • 7 JUDY (JM)
M/W/F 5³⁰ • 6³⁰ JUDY (JM)
T/Th 5³⁰ JUDY (JM)

DAY COACHING SESSIONS

M/W 8 • 9³⁰ • 11 • 1 BRANDI (BM)
T/Th/F 8 • 9³⁰ • 11 JUDY (JM)
M/W 3 KEM (KM)
F 1 • 3³⁰ JUDY (JM)

EVENING COACHING SESSIONS

M/W 4 • 5 • 6 • 7 KEM (KM)
M/W 5³⁰ • 6³⁰ • 8 MIKE (MC)
T 5 • 6 • 7 JUDY (JM)
T 4 • 5³⁰ • 6³⁰ MIKE (MC)
Th 4 • 5 • 6 • 7 BRANDI (BM)
Th 5³⁰ • 6³⁰ MIKE (MC)
T/Th 8 PILATES/YOGA TBA
F 4³⁰ • 5³⁰ • 6³⁰ JUDY (JM)

SATURDAY COACHING SESSIONS

Sa 7 • 8 • 9 • 10 • 11 • 12 Rotation
Sa 1 PILATES/YOGA TBA
Sa Body fats/Nutrition by
appoint. only.

See your coach to schedule.