



**ESSENTIAL FITNESS**  
A PERSONAL TRAINING STUDIO

## November 2010 Essential Fitness Personal Training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Upper Body	2 Upper Body	3 Cardio	4 Lower Body	5 Lower Body	6 Cardio
	8 Upper Body	9 Upper Body	10 Lower Body	11 Lower Body	12 Cardio	13 Cardio
	15 Lower Body	16 Lower Body	17 Cardio	18 Cardio	19 Upper Body	20 Upper Body
	22 Cardio	23 Upper Body	24 Upper Body	25 Cardio	26 Lower Body	27 Lower Body
	29 Upper Body	30 Upper Body	1 Cardio	2 Lower Body	3 Lower Body	4 Cardio

**Yoga at 11am on Mondays. See the Online Booking Schedule for a second weekly Yoga session  
Mat Pilates at 8am Mondays.**

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[www.EssentialFitDenver.com](http://www.EssentialFitDenver.com)

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