



YOUR FIRST WEEK PLANNER

Pick three sessions, write them in, put them in your phone. Everything here is from the live timetable at clydebankpt.com/timetable and is included in the 8-Week Package.

THE WEEK, AS IT RUNS

Monday	5:40pm Sanctuary Conditioning; small-group PT 5:10pm
Tuesday	6am Sanctuary Conditioning, 5:40pm Sanctuary Strength
Wednesday	6am Sanctuary Strength, 5:40pm Sanctuary Functional; small-group PT 5:10pm
Thursday	No class; small-group PT 6am, 6:30am, 7am, 5pm, 5:30pm, 6pm, 6:30pm
Friday	6am Sanctuary Functional
Saturday	9am Sanctuary Total Body; small-group PT 8:30am

MY THREE SESSIONS THIS WEEK

- Session 1: _____ day _____ time _____
- Session 2: _____ day _____ time _____
- Session 3: _____ day _____ time _____

BEFORE EACH ONE

- Trainers, water, a layer for the walk out. Park outside the door at Spectrum House, 1A North Avenue.
- Eat a normal meal one to three hours before, or something small within the hour. Early class: train, then breakfast within the hour after.
- Tell me it is your first one. Every exercise is scaled to you.

AFTER THE WEEK

Message me one line: what you did and how it felt. Then book the next three.

Free consult first if you have not had one: email START to sanctuary@clydebankpt.com.