

Small Group Coaching & Nutrition

Advanced Functional Coaching	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
	10.30am			Basic Elements Nutrition		Basic Elements Nutrition	10.00am	
	11.30am	Basic Small Group Coaching	Basic Small Group Coaching	Basic Small Group Coaching		Advanced Functional Coaching	11.00am	
	12.30pm						12.00pm	
	1.00pm	Basic Small Group Coaching		Basic Small Group Coaching			1.00pm	
	3.00pm						3.00pm	
	4.30pm			Advanced Functional Coaching			4.00pm	
	5.30pm		Basic Elements Nutrition	Basic Small Group Coaching		Basic Small Group Coaching	5.00pm	
	6.30pm	Advanced Functional Coaching				Basic Elements Nutrition	6.00pm	

