



















# SCHEDULE

# SYGMAHEALTH PERSONAL TRAINING STUDIO

## D.I.S.C. TRAINING PROGRAMME

EFFECTIVE FEBRUARY 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	Personal Training 	 A.M. D.I.S.C. Training	Personal Training 	 A.M. D.I.S.C. Training	Personal Training 	 A.M. D.I.S.C. Training
6:00 p.m.						
7:00 p.m.	 A.M. D.I.S.C. Training		 A.M. D.I.S.C. Training		 A.M. D.I.S.C. Training	
8:00 p.m.						
9:00 p.m.						
10:00 a.m.						
11:00 a.m.						
12:00 a.m.	 LUNCH BOX D.I.S.C. Training		 LUNCH BOX D.I.S.C. Training		 LUNCH BOX D.I.S.C. Training	
1:00 p.m.						
2:00 p.m.						
3:00 p.m.						
4:00 p.m.	 P.M. D.I.S.C. Training	 P.M. D.I.S.C. Training	 P.M. D.I.S.C. Training	 P.M. D.I.S.C. Training		
5:00 p.m.						
6:00 p.m.						
7:00 p.m.						
8:00 p.m.		Personal Training 		Personal Training 		

Note:

- o Personal Training exclusive to Premium members
- o Short Intensive Circuits recommended for P.M. D.I.S.C.



- ⚡ The Dynamic Integrated Select Circuit (D.I.S.C.) is an intense, effective, total body multidimensional workout that can be tailored to the specific needs of most individuals. Routines and circuit design are periodically changed and innovative challenges sometimes incorporated. This schedule accommodates personal training, instructor-guided group circuits and self-managed programmes.
- ⚡ The Lunch Box Compact D.I.S.C. is offered as 6-week workshops. Call for details.

**SCHEDULE SUBJECT TO CHANGE**



**SYGMAHEALTH  
MANAGEMENT SERVICES**

36 Warrens Industrial Park East, W arrens, St. Michael BB22026

KOJO

**SYGMAFITPRIME  
SYGMAPRIME**



Healthy People=Healthy Business

Tel: 425-5656, 425-

*PERSONAL SIMPLE EFFECTIVE*

36 Warrens Industrial Park East, Warrens, St. Michael BB22026  
Tel: 425-5656, 425-KOJO