

## **JANUARY 2022**

### **LIVE ONLINE COURSE**

Session #1: January 17, 2022	9:00am – 2:00pm
Session #2: January 18, 2022	9:00am – 2:00pm
Session #3: January 19, 2022	9:00am – 2:00pm
Session #4: January 20, 2022	9:00am – 2:00pm
Session #5: January 21, 2022	9:00am – 2:00pm

**\*All Times are Eastern Standard Time**

**Registration deadline January 10<sup>th</sup>, 2022 at 5pm EST**

### **LIVE ONLINE COURSE**

Session #1: January 24, 2022	1:00pm – 6:00pm
Session #2: January 25, 2022	1:00pm – 6:00pm
Session #3: January 26, 2022	1:00pm – 6:00pm
Session #4: January 27, 2022	1:00pm – 6:00pm
Session #5: January 28, 2022	1:00pm – 6:00pm

**\*All Times are Eastern Standard Time**

**Registration deadline January 17<sup>th</sup>, 2022 at 5pm EST**

### **LIVE ONLINE COURSE**

Session #1: January 31, 2022	9:00am – 2:00pm
Session #2: February 1, 2022	9:00am – 2:00pm
Session #3: February 2, 2022	9:00am – 2:00pm
Session #4: February 3, 2022	9:00am – 2:00pm
Session #5: February 4, 2022	9:00am – 2:00pm

**\*All Times are Eastern Standard Time**

**Registration deadline January 24<sup>th</sup>, 2022 at 5pm EST**

### **LIVE ONLINE COURSE**

Session #1: February 7, 2022	1:00pm – 6:00pm
Session #2: February 8, 2022	1:00pm – 6:00pm
Session #3: February 9, 2022	1:00pm – 6:00pm
Session #4: February 10, 2022	1:00pm – 6:00pm
Session #5: February 11, 2022	1:00pm – 6:00pm

**\*All Times are Eastern Standard Time**

**Registration deadline January 31<sup>st</sup>, 2022 at 5pm EST**

### **LIVE ONLINE COURSE**

Session #1: February 14, 2022	9:00am – 2:00pm
Session #2: February 15, 2022	9:00am – 2:00pm
Session #3: February 16, 2022	9:00am – 2:00pm
Session #4: February 17, 2022	9:00am – 2:00pm
Session #5: February 18, 2022	9:00am – 2:00pm

**\*All Times are Eastern Standard Time**

**Registration deadline February 7<sup>th</sup>, 2022 at 5pm EST**

# COURSE SCHEDULE



## **LIVE ONLINE COURSE**

Session #1: February 21, 2022	1:00pm – 6:00pm
Session #2: February 22, 2022	1:00pm – 6:00pm
Session #3: February 23, 2022	1:00pm – 6:00pm
Session #4: February 24, 2022	1:00pm – 6:00pm
Session #5: February 25, 2022	1:00pm – 6:00pm

**\*All Times are Eastern Standard Time**

**Registration deadline February 14<sup>th</sup>,2022 at 5pm EST**

To Register Please contact GLPTI directly at [GLPTI@goodlifefitness.com](mailto:GLPTI@goodlifefitness.com) or 514-609-4205