Northgate Fitness Ltd

Gym trainer rota

Weekly rota - trainers, instructors and floor cover.

Week starting	9 November 2026
Prepared by	Sarah Mitchell

Roles

Roles used on this rota: Personal trainer, Class instructor, Floor coach, Receptionist.

Rota

Day	Staff member	Start	Finish	Role / station	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Sign-off

Prepared by	Approved by	Date