Room

id (PK)

capacity

name

Trainer

id (PK)

email

name

has 1 / N

hosts 1 / N

Session

id (PK)

roomId (FK)

trainerId (FK)

name

capacity

dateTime

has 1

Member

id (PK)

email

firstName

lastName

registeredAt

HealthMetric

id (PK)

memberId (FK)

weight

weightGoal

timeStamp

has 1 / N

creates 1 / N

Booking

id (PK)

sessionId (FK)

memberId (FK)

timeStamp

The database schema is in **Third Normal Form (3NF)** because:

1. All attributes are atomic and each table has a primary key (1NF).

2. No table uses a composite primary key, so no partial dependencies exist (2NF).

3. No non-key attribute depends on another non-key attribute; all fields depend solely on their table's primary key (3NF).

Assumptions:
1. Capacity does not depend on the room, is session-dependent
2. weightGoal can change per updated health metric