



Member	[Member_ID, Goal_Weight, Current_Weight, Gender, first_name, last_name, year, month, day, phone_number, email]
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Trainer	[Trainer_ID, Gender, first_name, last_name, year, month, day, phone_number, email]
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Admin_Staff	[Admin_ID, first_name, last_name, phone_number, email]
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Room	[Room_ID, Room_name, Max_Capacity, Admin_ID]
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Trainer_Availability	[Availability_ID, Start_Date/Time, End_Date/Time, Trainer_ID]
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Session	[Session_ID, Session_Type, Start_Date/Time, End_Date/Time, Max_Capacity, Room_ID, created_by_admin_ID, Trainer_ID, Member_ID]
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I designed each table so it's already in 3NF.

For example, the Member table is already in 3NF: Member\_ID is the primary key, and all the other attributes (goal\_weight, current\_weight, gender, name, DOB, phone, email, etc.) are just facts about that member and depend only on Member\_ID. There are no partial or transitive dependencies between non-key attributes, and my other tables follow the same pattern, so the whole schema is already in 3NF without any extra decomposition.