

Small Group Training Timetable

www.fitnesssuccess.com.au Ph 9727 2278

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNINGS	6.00am				6.00am	
						8.30am
			10.00am		10.00am	
AFTERNOONS		5.00pm		5.00pm		
	6.00pm		6.00pm			

Small Group Training:

- Suitable for any fitness level
- Sessions tailored to your fitness/energy levels and ability
- A combination of all training incl. strength, cardio and core work
- Limited to 10 people per class