

Group Training Timetable

www.fitnesssuccess.com.au Ph 9727 2278

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|-----------------------|------------------------|-----------------------|------------------------|------------------------|-----------------------|
| MORNINGS | 6.00am Small Group | | | | 6.00am Small Group | |
| | | | 9am Boxing | | | 8.30am Small Group |
| | | | 10.00am Ex Phys | | 10.00am Small Group | |
| | | 11am Diabetes Group | | 11am Diabetes Group | | |
| AFTERNOONS | | 5.00pm Ex Phys | | 5.00pm Small Group | | |
| | 6.00pm Small Group | | 6.00pm Small Group | | | |

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

Ex Phys Groups:

- Suitable For:
- Diabetes Care Plans
- Osteoarthritis management (GLAD Program)
- Pre/post operative rehabilitation
- Falls prevention and balance
- Pre/Post natal
- Private health cover (Exercise Physiology Groups code 502)