

Small Group Training Timetable

www.fitnesssuccess.com.au Ph 9727 2278

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNINGS	6.00am Small Group Training Blake				6.00am Small Group Training Blake	
						8.30am Small Group Training Sarah
			10.00am Small Group Training Caitlyn	10.00am Small Group Training Michael	10.00am Small Group Training Julie	
AFTERNOONS		5.00pm Small Group Training Sarah		5.00pm Small Group Training Caitlyn		
	6.00pm Small Group Training Michael	6.00pm SPIN Callum	6.00pm Small Group Training Caitlyn			

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

Pop Up Groups:

- Speciality classes that run alongside our standard group timetable.
- Classes run for a set season and are pre-booked and paid.
- Limited numbers- book quickly!