

Small Group Training Timetable- EASTER

W/C 14th April

www.fitnesssuccess.com.au Ph 9727 2278

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNINGS	6.00am				CLOSED	CLOSED
			10.00am Ex Phys			
AFTERNOONS		5.00pm Ex Phys		5.00pm	CLOSED	CLOSED
	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

Ex Phys Groups:

- Sessions are lead by one of our Exercise Physiologists
- Suitable for clients with Diabetes Care Plans
- Suitable with clients with Private health cover- Exercise Physiology groups.