


# Small Group Training Timetable

## W/C 21st April

[www.fitnesssuccess.com.au](http://www.fitnesssuccess.com.au) Ph 9727 2278

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNINGS	9.00am				ANZAC DAY OPEN 12-5	8.30am
			10.00am Ex Phys			
AFTERNOONS	EASTER MONDAY OPEN 6-12	5.00pm Ex Phys		5.00pm		
			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.