

# Small Group Training Timetable

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

## W/C 30<sup>th</sup> DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNINGS	6.00am	<b>CLOSED</b>	<b>CLOSED</b>		6.00am	
						8.30am
				10.00am		
AFTERNOONS						
	6.00pm			5.00pm		

### 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