

Small Group Training Timetable

www.fitnesssuccess.com.au Ph 9727 2278

W/C 23rd DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNINGS	6.00am	CLOSED	CLOSED	CLOSED	6.00am	
						8.30am
AFTERNOONS		CLOSED	CLOSED	CLOSED	10.00am	
	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