

# Small Group Training Timetable

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNINGS	6.00am RILEY				6.00am MATT	
						8.30am JOSH
			10.00am CAITLYN		10.00am RILEY	
AFTERNOONS		5.00pm RILEY		5.00pm SARAH		
	6.00pm		6.00pm MATT			

## 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