

Small Group Training Timetable

www.fitnesssuccess.com.au Ph 9727 2278

W/C 29th DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNINGS	6.00am Small Group		CLOSED	CLOSED		
						8.30am Small Group
AFTERNOONS		10.00am Diabetes & small Group combined	CLOSED	CLOSED	10.00am Small Group	
	6.00pm Small Group	5.00pm Small Group				

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