

Small Group Training Timetable

www.fitnesssuccess.com.au Ph 9727 2278

W/C 22nd DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNINGS	6.00am Small group		CLOSED	CLOSED	CLOSED	
		10am Diabetes and Small Group combined				8.30am Small Group
AFTERNOONS		5.00pm Small Group	CLOSED	CLOSED	CLOSED	
	6.00pm 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