

Personal Training with Friends (PTF)

6th August – 13th September (6 weeks) Timetable

Monday 630am	Tuesday 6am	Wednesday 630am	Thursday 6am
6 th August (1) Weights	7 th August (3) Swiss ball	8 th August (5) Cardio	9 th August (8) Posture
13 th August (10) BOX	14 th August (7) BATTs	15 th August (9) Body weight	16 th August (4) Swiss ball
20 th August (11) Studio circuit	21 st August (6) Cardio	22 nd August (3) Swiss ball	23 rd August (10) BOX
27 th August (9) Body weight	28 th August (2) Weights	29 th August (7) BATTs	30 th August (3) Swiss ball
3 rd September (5) Cardio	4 th September (8) Posture	5 th September (4) Swiss ball	6 th September (9) Body weight
10 th September (4) Swiss ball	11 th September (11) Studio Circuit	12 th September (9) Body weight	13 th September (6) Cardio

Please note: We only take 6 per class, 5 in the Swiss ball ones, so decide which classes you would like to commit to and pre-pay before you start the classes.

Classes are \$15 each, let us know if you need to use a payment plan:-)

Or if you haven't tried our classes yet and want to see if they are for you, ask us about a FREE TRIAL 😊

Upcoming 2018 PTF Timetables

24th Sept – 1st Nov (6 weeks)

12th Nov – 20th Dec (6 weeks)