

Personal Training with Friends (PTF)

26th February – 12th April (7 Weeks) Timetable

Monday 630am	Tuesday 6am	Wednesday 630am	Thursday 6am
26 th February (5) Cardio	27 th February (1) Weights	28 th February (3) Swiss Ball	1 st March (8) Posture
5 th March (10) BOX	6 st March (4) Swiss Ball	7 st March (7) B.A.T.T.s	8 st March (6) Cardio
12 th March (11) Studio Circuit	13 th March (8) Posture	14 th March (2) Weights	15 th March (9) Body weight
19 th March (7) B.A.T.T.s	20 th March (10) BOX	21 st March (9) Body weight	22 nd March (1) Weights
26 th March (8) Posture	27 th March (7) B.A.T.T.s	28 th March (5) Cardio	29 th March (11) Studio circuit
2 nd April NO CLASS	3 rd April (9) Body weight	4 th April (8) Posture	5 th April (2) Weights
9 th April (3) Swiss ball	10 th April (1) Weights	11 th April (7) B.A.T.T.s	12 th April (10) BOX

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:

23rd April – 31st May (6 weeks)

11th June – 26th July (7 weeks)

6th Aug – 13th Sept (6 weeks)

24th Sept – 1st Nov (6 weeks)

12th Nov – 20th Dec (6 weeks)