

Personal Training with Friends (PTF)

6th January – 20th February 2020 (7 weeks) Timetable

Monday 630am	Thursday 6am
6 th January (4) Swiss ball	9 th January (1) Weights
13 th January (10) BOX	16 th January (8) Posture
Wellington Anniversary Day *No Class	23 rd January (3) Swiss ball
27 th January (2) Weights	30 th January (13) 30/60 Circuit
3 rd February (7) B.A.T.T's	Waitangi Day *No Class
10 th February (4) Swiss ball	13 th February (10) BOX
17 th February (1) Weights	20 th February (8) Posture

Upcoming PTF Timetables for 2020

2nd March - 9th April (6 weeks)

20th April - 28th May (6 weeks)

8th June - 23rd July (7 weeks)

2-week break from classes

10th August - 17th September (6 weeks)

28th September - 5th November (6 weeks) * 26th Oct Labour Day

16th November - 24th December (6 weeks)

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 the classes start.

Classes are \$15 each, let us know if you would like a payment plan :-)

or if you haven't tried our classes yet and want to see if they are right for you, as us about a FREE TRIAL :-)