

Personal Training with Friends (PTF)

18th September – 26th October (6 Weeks) Timetable

Monday 630am	Tuesday 6am	Wednesday 630am	Thursday 6am
18 th September (1) Studio Circuit	19 th September (2) Swiss ball	20 th September No Class	21 st September (5) Lower Body
25 th September (4) Cardio	26 th September (7) Upper Body	27 th September No Class	28 th September (12) Body weight
2 nd October (8) Swiss ball	3 rd October (4) Cardio	4 th October No Class	5 th October (1) Studio Circuit
9 th October (7) Upper Body	10 th October (12) Body Weight	11 th October (8) Swiss Ball	12 th October (5) Lower Body
16 th October (1) Studio Circuit	17 th October (4) Cardio	18 th October No Class	19 th October (3) Weights
23 rd October (11) 830am Weights	24 th October (2) Swiss Ball	25 th October (12) Body Weight	26 th October (7) Upper Body

Upcoming Timetables:

6th November – 21st December (7 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 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 😊