

Personal Training with Friends (PTF)

4th May – 4th June 2020 (5 weeks) Timetable

Monday 630am	Thursday 6am
4 th May (4) Swiss ball	7 th May (8) Posture
11 th May (2) Weights	14 th May (3) Swiss ball
18 th May (7) B.A.T.T's	21 st May (10) 30/60 Circuit
25 th May (8) Posture	28 th May (1) Weights
1 st June – Queens Birthday No Class	4 th June (4) Swiss ball

Upcoming PTF Timetables for 2020

15th June - 23rd July (6 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 \$16 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, ask us about a FREE TRIAL :-)