

Personal Training with Friends (PTF)

23rd April – 3rd June (6 Weeks) Timetable

Monday 630am	Tuesday 6am	Tuesday 630pm	Wednesday 630am	Thursday 6am	Sunday 1pm
23 rd April (5) Cardio	24 th April (1) Weights		ANZAC DAY NO CLASS	26 th April (8) Posture	29 th April STRETCH
30 th April (9) Body weight	1 st May (4) Swiss Ball		2 nd May (7) B.A.T.T.s	3 rd May (6) Cardio	6 th May STRETCH
7 th May (11) Studio Circuit	8 th May (8) Posture	8 th May STRETCH	9 th May (2) Weights	10 th May (10) BOX	
14 th May (7) B.A.T.T.s	15 th May (9) Body weight		16 th May (5) Cardio	17 th May (1) Weights	20 th May STRETCH
21 st May (8) Posture	22 nd May (7) B.A.T.T.s	22 nd May STRETCH	23 rd May (3) Swiss ball	24 th May (11) Studio circuit	
28 th May (4) Swiss ball	29 th May (2) Weights		30 th May (10) BOX	31 st May (9) Body weight	3 rd June STRETCH

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:

11th June – 26th July (7 weeks)

6th Aug – 13th Sept (6 weeks)

24th Sept – 1st Nov (6 weeks)

12th Nov – 20th Dec (6 weeks)