

Personal Training with Friends (PTF)

6th November – 21st December (7 Weeks) Timetable

Monday 630am	Tuesday 6am	Wednesday 630am	Thursday 6am
6 th November (1) Studio Circuit	7 th November (2) Swiss ball	8 th November No Class	9 th November (7) Upper Body
13 th November (4) Cardio	14 th November (12) Body weight	15 th November (1) Studio Circuit	16 th November (3) Weights
20 th November (8) Swiss ball	21 st November (4) Cardio	22 nd November (12) Body weight	23 rd November (1) Studio Circuit
27 th November (7) Upper Body	28 th November (5) Lower Body	29 th November (2) Swiss Ball	30 th November (11) Weights
4 th December No Class	5 th December (8) Swiss Ball	6 th December (7) Upper Body	7 th December (4) Cardio
11 th December (12) Body weight	12 th December (1) Studio Circuit	13 th December (3) Weights	14 th December (7) Upper Body
18 th December (2) Swiss Ball	19 th December (11) Weights	20 th December (4) Cardio	21 st December (8) Swiss Ball

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 Timetables:

8th January – 15th February 2018 (6 weeks)