

Personal Training with Friends (PTF)

Last 2 weeks of 2018 classes

Monday 630am	Tuesday 6am	Thursday 6am
10 th December (3) Swiss ball	11 th December (8) Posture	13 th December (6) Cardio
17 th December (2) Weights	18 th December (9) Body weight	20 th December (4) Swiss ball

Upcoming PTF Timetables for 2019

7th January – 28th February (8 weeks) *Scroll down to next page to see timetable

11th March – 18th April (6 weeks)

29th April – 6th June (6 weeks) *Monday 3rd June Queens Birthday

17th June – 18th July (5 weeks)

29th July – 5th September (6 weeks)

16th September – 24th October (6 weeks)

4th November – 19th 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 😊

7th January – 28th February 2019 (8 weeks) Timetable

Monday 630am	Tuesday 6am	Thursday 6am
7 th January (8) Posture	8 th January (3) Swiss ball	10 th January (5) Cardio
14 th January (4) Swiss ball	15 th January (9) Body weight	17 th January (1) Weights
Wellington Anniversary No Class	22 nd January (6) Cardio	24 th January (3) Swiss ball
28 th January (5) Cardio	29 th January (8) Posture	31 st January (9) Body weight
4 th February (4) Swiss ball	5 th February (2) Weights	7 th February (6) Cardio
11 th February (1) Weights	12 th February (3) Swiss ball	Valentines Day (8) Posture
18 th February (5) Cardio	19 th February (2) Weights	21 st February (4) Swiss ball
25 th February (9) Body weight	26 th February (6) Cardio	28 th February (1) Weights