

# Group Training Timetable

[www.fitnesssuccess.com.au](http://www.fitnesssuccess.com.au) Ph 9727 2278

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNINGS	6.00am Small Group				6.00am Ex Phys	
						8.30am Small Group
			10.00am Ex Phys		10.00am Small Group	
		11am Diabetes Group		11am Diabetes Group		
AFTERNOONS		5.00pm Ex Phys		5.00pm Small Group		
	6.00pm Small Group		6.00pm Small Group			

## Small Group Training:

- Suitable for any fitness level
- Sessions tailored to your fitness/energy levels and ability
- A combination of all training incl. strength, cardio and core work
- Limited to 10 people per class

## Ex Phys Groups:

- Suitable For:
- Diabetes Care Plans
- Osteoarthritis management (GLAD Program)
- Pre/post operative rehabilitation
- Falls prevention and balance
- Pre/Post natal
- Private health cover (Exercise Physiology Groups code 502)