

# Group Training Timetable

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

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

## 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)