



SEMI PRIVATE PERSONAL TRAINING TIMETABLE

	07:30	08:30	10:30	18:00	19:00
MON		SPPT	SPPT		SPPT
TUES	SPPT				
WEDS		SPPT	SPPT		SPPT
THURS	SPPT				
FRI		SPPT	SPPT		

MAX 4 PEOPLE PER SESSION
INDIVIDUALISED PROGRAMMES VIA APP
LIFESTYLE & NUTRITION SOLUTIONS
WEEKLY ACCOUNTABILITY