



SMALL GROUP PERSONAL TRAINING TIMETABLE

	07:30	08:30	10:30	16:00	18:00	19:00
MON		SGPT	SGPT			SGPT
TUES		SGPT				
WEDS		SGPT	SGPT		SGPT	
THURS		SGPT				
FRI			SGPT			

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