



TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
6.15am			TEAM X 30min		TEAM X 30min		
8.45am						TEAM X 30min	
9.30am		TEAM X 30min		TEAM X 30min			
6.00pm		TEAM X 30min			TEAM X 30min		

TEAM X
GROUP PERSONAL TRAINING

- 30MIN HIGH INTENSITY WORKOUTS
- GET STRONG, FIT AND FUNCTIONAL
- HIGHLY EXPERIENCED COACHES
- FUN AND EFFECTIVE WORKOUTS

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