



**Personal Training and Strength For Life Sessions by appointment
DIY from 6.00 am to 7.30 pm Mon to Fri**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 am	Group PT	Group PT	Group PT	Group PT	Group PT	
7.00 am						Group PT
9.00 am	Mature Group	Group PT	Group PT	Mature Group	Group PT	Group PT
10.00 am						
11.00 am						
12.00 pm						11.00 am CLOSED
2.00 pm						
3.00 pm						
4.00 pm						
5.30 pm	Group PT	Group PT	Group PT	Group PT	Group PT	
6.30 pm	Group PT	Group PT	Group PT	Group PT	6.30 pm CLOSED	
7.30 pm	CLOSED					

Fit For Success

214 Greenhill Rd
Eastwood
South Australia 5063
Phone: 08 7226 9840

Parking at rear of building
No joining fees or contracts