

S&L FITNESS TRAINING TIMETABLE

SMALL GROUP PT SLOTS & BOOTCAMP ONLINE BOOKING - SLOTS ARE 45 MINS

Monday

9:30 AM GROUP PT
10:30 AM STEPH
5:30 PM ASHLEIGH
6.30 PM GROUP PT

Tuesday

6:30 AM STEPH
10:30 AM TASHA
5:30 PM STEPH
6:30 PM STEPH

Wednesday

10:30 AM STEPH
5:30 PM STEPH
6:30 PM STEPH

Thursday

6:30 AM STEPH
10:30 AM STEPH
5:30 PM ASHLEIGH
6:30 PM GROUP PT

Friday

6:30 AM ASHLEIGH
10:30 AM STEPH

Saturday

8:30 AM STEPH
9:30 AM STEPH