


Group Personal Training VERMONT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BOOT CAMP 6.00am		FIGHTING FIT 6.00am		BOOT CAMP 6.00am	
				ACTIVE AGEING 7.30am	BEGINNER FITNESS 8.00am
MORNING MUMS 9.30am	MORNING MUMS 9.30am		MORNING MUMS 9.30am	MORNING MUMS 9.30am	
		FIGHTING FIT 6.30pm			
STRONG AS STEEL 7.30pm		BEGINNER FITNESS 7.30pm			



Studio located at Vermont Football Club Mel 62 J3
CALL 1300 859 169 to book your FREE TRIAL

www.activelifestyle.com.au