



- GROUP FITNESS CLASSES
- PERSONAL TRAINING
- GROUP PT'S
- STRENGTH TRAINING

**find
us**

📍 6/2 FURSDEN ST, GLENELLA
📞 0403 520 544

WWW.RPTM.NET



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timetable

CLASSES ARE NEVER THE SAME & CONSIST OF BOOTCAMP, WEIGHTS, CARDIO CIRCUITS, BOXING, TYRES, ROPES, KETTLEBELLS, HIIT, ABT JUST TO NAME A FEW!
ALL FITNESS LEVELS CATERED FOR, MEN & WOMEN.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30-6.15AM	STRENGTH & SCULPT	BOOTCAMP	HIIT/ABS	STRENGTH & BOOTCAMP	BOXING	BOOTCAMP [7.00-8.00AM]
9.15-10.00AM	STRENGTH & SCULPT	ABT	BOXING	STRENGTH & BOOTCAMP	FRIDAY FRENZY	
4.30-5.15PM	STRENGTH & SCULPT			STRENGTH & BOOTCAMP	FRIDAY FRENZY	
5.30-6.15PM	STRENGTH & SCULPT	BOXING	ABT	HIIT/ABS		
				STRENGTH		
4.30-5.15PM MIRANI HIGH SCHOOL	HIIT Mirani High School [30mins]		BOOTCAMP Mirani High School			

(Child friendly classes, children are still under your supervision.)