



iPERTH
PERSONAL TRAINER

STAY READY SO YOU DON'T HAVE TO GET READY

IPPT – TIMETABLE

TIME	SESSION TYPE
6:00am - 6:45am	POWER TONE 45
7:00am - 9:30am	PERSONAL TRAINING
9:30am - 10:15am	POWER TONE 45
10:30am - 12:00pm	PERSONAL TRAINING
12:00pm - 12:30pm	POWER TONE 30
12:30pm - 13:15pm	POWER TONE 45
13:30pm - 15:45pm	PERSONAL TRAINING
15:45pm - 16:30pm	POWER TONE 45
16:30pm - 18:30pm	PERSONAL TRAINING
18:30pm - 19:15pm	POWER TONE 45
19:30pm - 21:00pm	PERSONAL TRAINING

Power Tone 30min Small Group Training: \$15.00

Power Tone 45min Small Group Training: \$20.00

Power Tone?

**Build strength, burn fat & tone your body.
8 to 10 stations, "confuse the body" techniques.
Intensity levels set at your own pace.
Warm-up, Compound Exercise Stations,
Cooldown & Stretch**

**What to bring: Towel, Water & a Great Attitude
Book Now Online / Pay in Studio (cash/efpos)**

WWW.PERTHTRAINER.COM.AU

Call: 0416 322 316

**Location: 1/73 Walters Drive, Osborne Park, 6017
Timetable: Applies Mon to Fri – Visit site for Saturday's Hrs**