

Perfect Fit Training Solutions weekly group training time table

Perfect Fit Training Solutions runs group outdoor cross-training sessions every week in Tannum Sands and Gladstone. Sessions run for 60 minutes and cost \$20 per person. If you would like to attend any session, simply email perfect.fit@bigpond.com or phone 4973 2566.

Group Training Timetable		
Day	Tannum Sands	Gladstone
Monday	5am	5pm
Tuesday	5.30pm	
Wednesday		5pm
Thursday	5am and 5pm	
Saturday	Social Running Group, 6.30am Tannum Sands	

