

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am Group Training Tom Simpson Park Albany Creek		9:15am Group Training Tom Simpson Park Albany Creek		9:15am Group Training Tom Simpson Park Albany Creek	6:30am Group Training Tom Simpson Park Albany Creek	
11am – 2pm Personal Training Lifestyle Coaching by appointment	11am – 2pm Personal Training Lifestyle Coaching by appointment	11am – 2pm Personal Training Lifestyle Coaching by appointment	11am – 2pm Personal Training Lifestyle Coaching by appointment	11am – 2pm Personal Training Lifestyle Coaching by appointment	8am – 9am Personal Fitness	
7pm – 9pm Personal Training Lifestyle Coaching by appointment	7pm Boxing for Fitness Apex Grove Eatons Hill	3:30pm Kids Dance Fitness Albany Creek State School (school term only)	7pm Boxing + HIIT Apex Grove Eatons Hill		9:30am – 12pm Personal Training Lifestyle Coaching by appointment	
Tom Simpson Park Cnr Faheys Rd East and Folkstone Ave, Albany Creek		Apex Grove in the car park Behind Fire Station and Ambulance Eatons Hill		Albany Creek State School 696 Albany Creek Rd, Albany Creek		
Contact your Trainer Amanda Cremonini T: 0421 737 667 E: <a href="mailto:contactintofitness@gmail.com">contactintofitness@gmail.com</a> F: <a href="https://www.facebook.com/getfitwithintofitness">Facebook.com/getfitwithintofitness</a>						
\$15 casual session, \$110 for 10 sessions, \$200 for 20 sessions. Further discounts available for 3 months, 6 months and 12-month purchases.						