

Time	Mon	Tue	Wed	Thu	Fri	Sat
7:00AM		Group PT Circuit 45 mins		Circuit 35 mins		Group PT Strength 45 mins
8:00AM						Circuit 35 mins
9:00AM	Strength Seniors 35 mins		Strength Seniors 35 mins	HIIT Fat Burner 35 mins	Strength Seniors 35 mins	Strength Plus 45 mins
10:00AM	Strength 35 mins		Strength 35 mins		Strength 35 mins	FREE Coaching Class 30Mins

Boxing Studio Training Is Available When The Room Is Free! Ask Your Coach

04:15PM	Group PT Strength 45 mins	Group PT Strength 45 mins	Box Fit 40 mins	Group PT Strength 45 mins
05:15PM	Circuit 35 mins	Strength 35 mins	Circuit 35 mins	Circuit 35 mins
06:00PM		Box Fit 40 mins	HIIT Fat Burner 35 mins	Box Fit 40 mins

Experience
Motivation - Support

0427628935

146 Mcleod St - City

www.tfmcairns.com.au



A goal without a plan is a wish - Plan for success at TFM