RELENTLESS

ALBURY WODONGA
AQUATIC FACILITIES

RELENTLESS

Relentless is a Small Group based training session where the coach runs a maximum of 15 people through a specifically designed program. The program will include a variety of training modalities, such as kettlebells, compound lifting, body weight exercises, circuit and functional movements.Every 8 weeks the program will rotate in modality to keep training varied and fresh.

PRICING

MEMBERS	CASUAL	CASUAL CONCESSION
FREE	$14.50	$11.80

PROGRAM TIMETABLE

TIME	MON	TUES	WED	THURS	FRI	SAT
6.00am	RELENTLESS		RELENTLESS		RELENTLESS	
9.30am						
5.30pm	RELENTLESS	RELENTLESS 30	RELENTLESS 30		SPARTAN	
6:15pm			RELENTLESS			

Wodonga Sports & Leisure Centre
Hedgerow Crt, West Wodonga VIC
(02) 6058 2555 **alburywodongaaquatics.com.au**

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