

**Group Training Timetable Term 2 2025**

**All sessions at 81 Barber Road, Bombay**

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| Monday evening **(9 weeks)** | 6.30pm – 7.15pm | Mon 28th April - Mon 24th June  |
| Tuesday morning **(9 weeks)** | 9am – 9.45am | Tues 29th April – Tues 25th June |
| Wednesday evening **(9 weeks)** | 6.30pm – 7.15pm | Wed 30th April – Wed 26th June  |
| Friday morning **(9 weeks)** | 9am – 9.45am | Fri 2nd May – Fri 27th June  |
| **PRICING for the full term- depending on sessions*****Add ons:*** Body Composition Scale $15 - 3 measurements over the Term. From tracking hydration levels, body fat, visceral fat, muscle mass, and your metabolic age, this scale helps you to measure, understand and then tailor your exercise and nutrition requirements to work effectively towards your goals.

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| **1 session per week**  | **$ 167** |
| **2 Sessions per week** | **$ 215** |
| **3 sessions per week** | **$ POA** |
| **Casual per session**  | **$ 25** |

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**Sarah M Personal Training / Sarah Mataroa/ M. 021-122-8254/ 81 Barber Road/ Bombay**

**E.** **sarahm.personaltraining@gmail.com** **/ www.sarahm.co.nz**