

SMALL GROUP TRAINING MEMBERSHIP

- Unlimited sessions of:
 - LIFT
 - DEFINE
 - TRX
 - X-BOX
 - HIIT
 - RECHARGE
- Each session on average includes 4 - 8 trainees.
- The sessions have been fully programmed to provide structure and development in fitness.
- The sessions are allocated to set days per week to allow full recovery and equal allocation of availability.
- **Some sessions can be booked individually via class packs through the BeZu App.**

MON	TUE	WED	THUR	FRI	SAT
09:00 - 10:00 SGT LIFT		09:30 - 10:30 SGT DEFINE		08:30 - 09:30 SGT LIFT	09:00 - 09:45 SGT HIIT
10:00 - 11:00 SGT LIFT		10:45 - 11:30 SGT HIIT		09:30 - 10:30 SGT LIFT	10:00 - 11:00 SGT DEFINE
11:15 - 12:00 SGT HIIT		12:00 - 13:00 SGT TRX		12:30 - 13:30 SGT X-BOX / X-BOX	
12:15 - 13:15 SGT DEFINE				14:00 - 14:45 SGT HIIT	
		17:15 - 18:00 SGT X-BOX			
		18:15 - 19:15 SGT LIFT			

BEZU FITNESS STUDIOS

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@BeZu_Fitness