



SHAYAL RAM

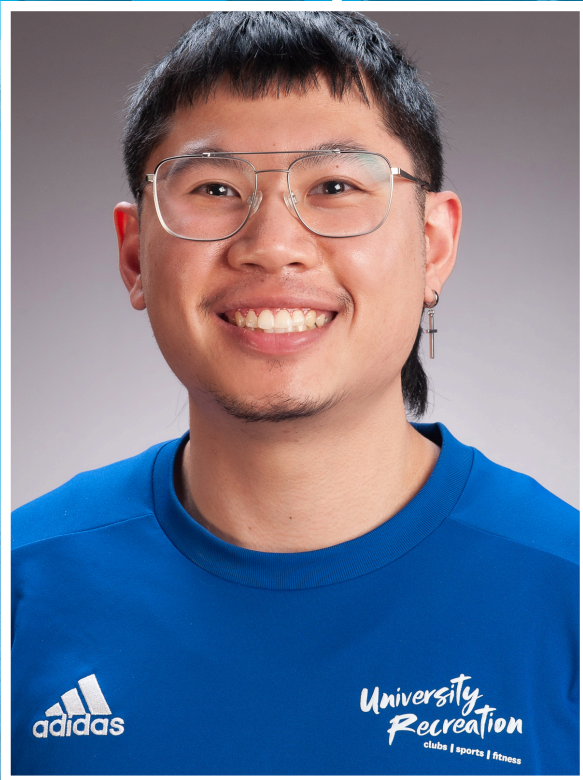
FITNESS ADVISOR

AVAILABLE APPOINTMENT TIMES:

MONDAY	3:00PM - 4:00PM
TUESDAY	3:00PM - 4:00PM
WEDNESDAY (PIP)	11:30AM - 12:30PM
THURSDAY	1:00PM - 2:00PM
FRIDAY (PIP)	2:00PM - 3:00PM

SPECIALISES IN:

- Weight loss
- Lean Muscle Growth
- General Health and Wellbeing
- Strength Training



HAMISH KHENG

FITNESS ADVISOR

AVAILABLE APPOINTMENT TIMES:

MONDAY	11:00AM - 12:00PM
TUESDAY	11:00AM - 12:00PM
WEDNESDAY	11:00AM - 12:00PM
THURSDAY	3:00PM - 4:00PM

SPECIALISES IN:

- Weight Loss
- Hypertrophy (Muscle Building)
- Body Building
- Strength & Conditioning





SAMMI O'CONNOR

FITNESS ADVISOR

AVAILABLE APPOINTMENT TIMES:

MONDAY	9:00AM - 10:00AM
TUESDAY (PIP)	2:00PM - 3:00PM
WEDNESDAY	4:30PM - 5:30PM
THURSDAY (PIP)	12:00PM - 1:00PM
FRIDAY	8:00AM - 9:00AM

SPECIALISES IN:

- Holistic Health & Hauora
- Strength Training
- Mobility
- Nutrition Advise