

HD96 Small Group Training

SATURDAY					SUNDAY			
FRIDAY								
THURSDAY								
WEDNESDAY								
TUESDAY								
MONDAY								



HD96
Small Group Training

POWERED BY

plymouth FITNESS



Small Group Training

HDSG Small Group Training is a great way to stay motivated, have fun and get a great workout all at an affordable price!

Plymouth Fitness already has small group training programs in place!

Which is the best program for you?

PROGRAMS:

PRICING



Limited to 6 participants unless otherwise noted.

***plymouth* FITNESS**

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