

PHYSICAL PREPARATION →

RUNNING TECHNIQUE CORE STABILITY STRENGTH & FITNESS

Clayfield College is proud to partner with PropelFit, Australia's leading Physical Preparation Specialists.

WHERE

Clayfield College
Physical Education Centre
Level 2, 683 Sandgate Road

COSTS

\$30.00 - Casual visits
\$27.50 - 2 Sessions per week
\$17.50 - 1 Session per week

CONTACT US

FOR YOUR FREE TRIAL

Contact Grant or Elisha

0418 412 998

info@propelfit.com.au

www.propelfit.com.au/clayfield

WHEN

TUESDAY	THURSDAY
6:30AM - 7:15AM PHYSICAL PREPARATION	6:30AM - 7:15AM PHYSICAL PREPARATION
7:15AM - 8:00AM PHYSICAL PREPARATION	7:15AM - 8:00AM PHYSICAL PREPARATION
3:15PM - 4:00PM PHYSICAL PREPARATION	3:15PM - 4:00PM PHYSICAL PREPARATION
4:00PM - 4:45PM PHYSICAL PREPARATION	4:00PM - 4:45PM PHYSICAL PREPARATION

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