



**DRAGON**  
HEALTH & FITNESS



*Believe, Practice and Achieve*

Paul Nam Le – Personal Trainer

Cert III, Cert IV, AIF Master Trainer, Reg. FL, First Aid, Reg.  
Pro Boxing / Kickboxing trainer, Pre & Post natal, Back care,  
Rehabilitation, Cables & Swiss ball level 2.

Specialised in: Self-defence, weight management, Muay thai,  
Body sculpturing, training for all ages.

DRAGON HEALTH  
& FITNESS

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## APPOINTMENTS

Date \_\_\_\_\_ Time \_\_\_\_\_ am/pm

Date \_\_\_\_\_ Time \_\_\_\_\_ am/pm

Date \_\_\_\_\_ Time \_\_\_\_\_ am/pm

*“The world will step aside for a person  
who knows where they are going*

