

Believe, Practice
and Achieve



Group Fitness Classes

Allocated for Personal Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Fitness Boxing		Fitness Kickboxing		
8:00am						
9:00am						
10:00am						
11:00am						
12:00pm						12pm Boxing
12:30pm						
1:00pm	Muay thai	Boxing	Muay thai	Boxing	MMA/bjj	Muay thai
2:00pm						MMA/I
3:00pm						
4:00pm						
5:00pm	MMA/bjj	Teens Self-defense	MMA/bjj	MMA/bjj	Teens Self-defense	CLOSE
6:00pm	Boxing Circuit	Boxing	Boxing Circuit	Boxing	Medicine Ball (30mins)	
					Ab Class (30mins)	
7:00pm	Kickboxing	Muay thai L1*	Kickboxing	Muay thai L1*	CLOSE	
8:00pm	CLOSE	CLOSE	CLOSE	CLOSE		



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.

BE TRAINED BY THE BEST



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