



**NO JOINING FEES
NO CONTRACTS**

small group training | pilates **personal training**

\$55 pwk unlimited sessions

\$30 single session

\$250 10 pack | \$25 per session - 12 wk expiry

\$88 single session

\$800 10 session pack

\$1500 20 session pack

mon **tues** **wed** **thurs** **fri** **sat**

0600	circuit	circuit	circuit	circuit	circuit	0700	circuit
0645	circuit	circuit	circuit	circuit	circuit	0800	boxing cardio
0910	circuit	circuit	circuit	circuit	circuit	0900	pilates
1000	mums'n'bubs	pilates	mums'n'bubs	pilates			
1530		kids fitness		kids fitness			
1730	circuit	circuit	circuit	circuit			
1815	circuit	circuit	boxing cardio	max HiiT			