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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7am						CrossFit
8am			Over 50s Aqua		Over 50s CrossFit	*CrossFit ON RAMP
9am		Aqua		Aqua		Aqua
9:30am	CrossFit		CrossFit		CrossFit Mums&Bubs	
3:30pm	CrossFit Teens	CrossFit Kids	CrossFit Teens	CrossFit Kids	CrossFit Teens	
4:30pm	CrossFit	CrossFit	Open Box	CrossFit	Open Box	
5:30pm	CrossFit	5:45CrossFit	CrossFit	5:45CrossFit	CrossFit	
5:45pm		Aqua		Aqua		

***ON RAMP SESSIONS** run once a month for 1.5 hours, Pre-booking and payment required.

^^ Personal training and Intro sessions are available contact one of our coaches to book your sessions.

CrossFit Session =1 hour,
CrossFit Kids (7-12yrs) run for 30 min CrossFit Teens (12-17) run for 45minutes.
AQUA Sessions =50 minutes



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RATES

(only)

Casual \$10 or Concession \$7 (Under 18/Over 50)
10 visit card \$85.00/ \$65
Monthly unlimited \$65

CrossFit Kids

Term 4 10/10/11 -9/12/11

CrossFit Kids (7-12yrs) \$10 per session, \$80 =10 visit card
CrossFit Teens (12-17yrs) \$12.50 per session, \$110 = 10 session card

CrossFit (To get started)

Intro sessions (3 x 30min) 1-on-1 with coach = \$110pp
On Ramp (1 x 1.5 hrs) in a group of up to 6 people = \$60pp
*Both Intros and on ramp pack include a 1 week trial * conditions apply*
OR Getting started deal = Intro/On Ramp plus + 1st month unlimited = \$200

Casual \$15
10 Visit card \$140
Unlimited attendance plus access to the Open Gym & Aqua+sessions
\$45 Week Unlimited
\$75 Fortnight Unlimited
\$155 Month Unlimited
\$450 3 Month Unlimited

Unlimited sessions VIA Papal

\$42.50/week or \$72.50/fortnight or \$145/month

Paypal is the preferred method of payment and is the most cost effective if you are doing 3 or more sessions a week (which you should be)

Students, Emergency Services and Armed Forces discount available



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