

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00			FITSQUAD		FITSQUAD		
6:15	HEALTHY	HEALTHY	HEALTHY	HEALTHY	HEALTHY		
7:30	EXPRESS	PERSONAL	PERSONAL	PERSONAL	PERSONAL	PERSONAL	
8:00							
8:30	STRONG	HEALTHY	STRONG	HEALTHY	STRONG	HEALTHY	
9:00							
9:30						HEALTHY	
10:00	HEALTHY	HEALTHY	HEALTHY	HEALTHY	HEALTHY		
10:30							
11:00	FITMUM	PERSONAL	FITMUM	PERSONAL	FITMUM		
12:00	PERSONAL	PERSONAL	PERSONAL	PERSONAL	PERSONAL	PERSONAL	
4:30							
5:00	EXPRESS						
5:30	STRONG	PERSONAL	STRONG	PERSONAL	PERSONAL		
6:00							
6:30	HEALTHY	PERSONAL	HEALTHY	PERSONAL	HEALTHY		
7:00							
7:30	SPIN		BOXING				

Fitness Timetable & Pricing

Maxi-studio Fitness Membership	Maxi Studio Sessions (2 per wk + extras)	Personal Training	Fitsquad (Outdoor training)	Buddy Training
GOLD 12 Month	\$132.92/ fortnight	\$105/hr	\$79.96/ fortnight	\$60/hr ea
SILVER 6 Month	\$140.31/ fortnight	\$110/hr	\$84.96/ fortnight	\$65/hr ea
BRONZE 3 Month	\$149.61/ fortnight	\$110/hr	\$90.96/ fortnight	\$70/hr ea
Fortnightly	\$180.00/ fortnight	\$110	\$95.00/ fortnight	\$75/hr ea
Casual rates	\$45/ session	\$130/hr	\$26.00/ session	\$80/hr ea

- **NO JOINING FEE**
- All pricing for group packages includes 1 personal training session every 3 months
- Fortnightly membership fee (direct debit - minimum 12 week membership)
- Combinations of all types of sessions are available in memberships
 e.g. 1 maxi-studio + 1 yoga per week = \$106 per fortnight
 1 fitsquad + 1 pilates per week = \$80 per fortnight

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
6:30		HATHA YOGA* Justine 6:30-7:30		HATHA YOGA* Justine 6:30-7:30			
7:30							
8:30							
9:00							
9:30						FITMUM YOGA (Pre-natal) Veronique 9:00-10:15	IYENGAR YOGA* Margaret 9:00-10:30
10:00			PILATES* Lou 9:30-10:30		PILATES* Lou 9:30-10:30		
10:30							
11:00							
11:30							
12:00							
5:30				HATHA YOGA* Justine 5:25-6:25			
6:00							Meditation 7.30-9.30
6:30	PILATES* Fundamentals Lou / 6:30-7:30	FITMEN IYENGAR YOGA Margaret / 6:30-7:30		PILATES* Progressive Lou / 6:30-7:30			
7:00							
7:30		IYENGAR YOGA* Intermediate Margaret / 7:30-9:00		IYENGAR YOGA* Beginners Margaret / 7:45-9:00			
9:00							
9:30							

* Mixed class. All other classes are women or men only.

Pilates/Yoga Timetable & Pricing

No. of Sessions	Pilates	Iyengar Yoga (1-1.5 hour)	Hatha Yoga (1 hour)
8 week course	\$144		
10 pass	\$64 per fortnight (2 session/wk)	\$180	\$170
Fortnightly		\$70 per fortnight (2 sessions/wk)	\$65 per fortnight (2 sessions/wk)
Casual	\$20	\$20	\$20
Private	\$90	\$90	\$90

- **NO JOINING FEE**
- 8 week courses/10 passes or fortnightly payments available
- Fortnightly membership fee (direct debit - minimum 12 week membership)
- Combinations of all types of sessions are available in memberships
e.g. 1 maxi-studio + 1 yoga per week = \$106 per fortnight
1 fitsquad + 1 pilates per week = \$80 per fortnight

Acupuncture and Massage Pricing

Initial consultation - \$85
Further consults- \$80



fitwomen