



Gold - \$110



2 x One on One Personal Training sessions

Access to use facility when ever (Platinum and gold members only)

Access to 6 Group Sessions

Gold - \$55

1 x One on One Personal Training session

Access to use facility when ever (Platinum and gold members only)

Access to 6 Group Sessions

Gold Shared - \$35

1 x Shared Personal Training session

Access to use facility when ever (Platinum and gold members only)

Access to 6 Group Sessions

Gold Access to 6 Group Sessions

Tues - 5:00 am (Boxing)

Tues - 5:30 pm (Strength and Conditioning)

Thurs - 6:00 pm (Boxing)

Fri - 5:30 am (HIIT)

Sat - 6:00 am (HIIT)

Sat - 7:30 am (HIIT)