

Personal Training



1 Hour sessions

No of Sessions	1 on 1	Buddy	Threesome
1	\$70	\$94 (\$47pp)	\$105 (\$35pp)
10	\$660	\$880 (\$440pp)	\$900 (\$300pp)

45 minute sessions

No of Sessions	1 on 1	Buddy	Threesome
1	\$58	\$80 (\$40pp)	\$90 (\$30pp)
10	\$550	\$760 (\$380pp)	\$840 (\$280pp)

30 minute sessions

No of Sessions	1 on 1	Buddy	Threesome
1	\$47	\$70 (\$35pp)	\$84 (\$28pp)
10	\$440	\$660 (\$330pp)	\$750 (\$250pp)

Direct debit for PT available at 10 session price.

Group Training and Gym Access

Session Passes		Direct Debit		
No of visits	Price	No of visits	Per Week	Per Month
1	\$15	2 per week	\$22	\$99
10	\$135	3 per week	\$30	\$129
		Unlimited	\$34.50	\$149

Check website for seasonal or startup specials.