



PRICE LIST

FREE Consultation (worth \$80)

One on one's

(if small groups friends then prices are increased \$5 per extra person)

30mins = \$35

45mins = \$50

1hr = \$55

- 30min sessions are straight into training and a quick stretch, (you would need to warm up and cool down on your own.)

- 45min sessions are straight into training and a cool down & stretch to finish (you would need to warm up on your own)

- 1hr sessions includes warm up, training and a cool down

Classes

\$60 for a 6 week course.

Swiss Ball Programme

Includes swiss ball and programme = \$80

