

## GROUP

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A fitness enthusiast and love to try all our different training programmes (45mins)?

DROP IN:

\$40 - SINGLE SESSION

UNLIMITED:

\$218 - 30DAYS

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Have a busy schedule and require flexibility with your training sessions?

We have just the package for you!

\$165 - 5 SESSIONS IN 6 WEEKS

\$330 -10 SESSIONS IN 8 WEEKS

"FOR CLIENTS WHO ARE SEEKING GENERAL IMPROVEMENT OF FITNESS AND STRENGTH."

