

# EXERCISE CLASS TIMETABLE (Armadale)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:50AM						
8:30 AM			S/W			
8:40 AM						P40
9:30 AM	RF				RF	
9:40 AM				P40		
10:10AM		P40				C60
10:30AM			C60			
6:00PM				C60		
<b>CLASS DESCRIPTIONS:</b>				<b>CLASS PRICES:</b>		
P40	PREG/POST NATAL CIRCUIT CLASS (40 mins)			STRENGTHWISE, C60 & REFORMER FITNESS		
S/W	STRENGTHWISE (60 mins)			Casual - \$40.00		
C60	CIRCUIT 60 (60 MINS)			5 Class Pack - \$191.00 (\$38.20 per class)		
RF	REFORMER FITNESS (60 mins)			10 Class Pack - \$362.00 (\$36.20 per class)		
<b>Note: Private health rebates available depending on health fund cover. Packs are non refundable and are to be paid prior to commencing your first session.</b>				P40		
				Casual - \$29.00		
				5 Class Pack - \$136.00 (\$27.20 per class)		
				10 Class Pack - \$260.00 (\$26.00 per class)		
<b>Please note: Saturday classes attract a 5% surcharge.</b>				Full price list is available on our website.		
				<a href="http://WWW.FITWISE.COM.AU">WWW.FITWISE.COM.AU</a>		
<b>Fitwise Physiotherapy</b> Rear of 1095 High Street, Armadale Ph: (03) 9822 4999						