

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	EXP RF
9:40 AM				P40		
2:00 PM	STRETCH					
3:40 PM	TEEN RF					
7.00 PM			P40			
CLASS DESCRIPTIONS:				CLASS PRICES:		
P40	- PREG/POST NATAL CIRCUIT CLASS (40 mins)			STRENGTHWISE & REFORMER FITNESS		
S/W	- STRENGTHWISE (60 mins)			Casual - \$39.00		
STRETCH	- PHYSIO STRETCH & FLOW (40 mins)			5 Class Pack - \$185.00 (\$37.00 per class)		
RF	- REFORMER FITNESS (60 mins)			10 Class Pack - \$351.00 (\$35.10 per class)		
EXP RF	- EXPRESS REFORMER FITNESS (40 mins)			P40, EXP REFORMER FITNESS, STRETCH		
TEEN RF	- TEEN REFORMER FITNESS (40 mins)			Casual - \$28.00		
Note:				5 Class Pack - \$132.00 (\$26.40 per class)		
Private Health Rebates Available Depending on Health Fund Cover				10 Class Pack - \$252.00 (\$25.20 per class)		
				TEEN REFORMER FITNESS		
				Casual - \$15.00		
Packs are non-refundable and are to be paid prior to commencing your first class				*Please note there is a 5% surcharge on a Saturday.		
Fitwise Physiotherapy Rear of 1095 High Street, Armadale Ph: (03) 9822 4999 www.fitwise.com.au						