

# 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		
7.00 PM			P40			
<b>CLASS DESCRIPTIONS:</b>				<b>CLASS PRICES:</b>		
P40	- PREG/POST NATAL CIRCUIT CLASS (40 mins)			STRENGTHWISE & REFORMER FITNESS		
S/W	- STRENGTHWISE (60 mins)			Casual - \$39.00		
RF	- REFORMER FITNESS (60 mins)			5 Class Pack - \$185.00 (\$37.00 per class)		
<p><b>Note: Private health rebates available depending on health fund cover.</b></p> <p><b>*Packs are non-refundable and are to be paid prior to commencing your first class*</b></p>				10 Class Pack - \$351.00 (\$35.10 per class)		
				P40		
				Casual - \$28.00		
				5 Class Pack - \$132.00 (\$26.40 per class)		
				10 Class Pack - \$252.00 (\$25.20 per class)		
				<b>*Please note there is a 5% surcharge on a Saturday.</b>		
<p><b>Fitwise Physiotherapy</b>  Rear of 1095 High Street, Armadale  Ph: (03) 9822 4999  <a href="http://www.fitwise.com.au">www.fitwise.com.au</a></p>						