

EXERCISE CLASS TIMETABLE (Armadale)



	MON	TUES	WED	THURS	FRI	SAT
7:30 AM						HIIT
8:30 AM		FP	S/W			PSP
9:00 AM	HIIT EX					
9:30 AM	FP	REC	FP	REC	FP	REC
7:00 PM	PSP					

PSP	- PREGNANCY SPIN PILATES (1 hr)
S/W	- STRENGTHWISE (1 hr)
REC	- RE-CREATE (1 hr)
FP	- FITNESS PILATES (1 hr)
HIIT	- HIIT + Pilates (1 hr)

HIIT EX	- HIIT Express (30 min)
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HIIT EXPRESS CLASS PRICES
Casual - \$18.00
10 Class Pack - \$160.00 (\$16.00 per class)

EXERCISE CLASS PRICES (EXCEPT HIIT EX)
Casual - \$37.00
5 Class Pack - \$176.00 (\$35.20 per class)
10 Class Pack - \$333.00 (\$33.30 per class)

Note:
Private Health Rebates Available
Depending on Health Fund Cover

Packs are non-refundable and are to be paid prior to commencing your first class

Rear of 1095 High St, Armadale. Ph: (03) 9822 4999

www.fitwise.com.au

