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Timetable May 21st . June 10th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	CrossFit	CrossFit	CrossFit	CrossFit		
6am					CrossFit	
8am			Over 50s Aqua		Over 50s CrossFit	8am CrossFit From June 2nd
9am		Aqua@ Kirwan Aquatic Starts June 5th		Aqua@ Kirwan Aquatic Start June 7th		Aqua@ Kirwan Aquatic Start June 9th
3:30pm						
3:50pm						
4:30pm		CrossFit		CrossFit		
5:30pm	CrossFit		CrossFit		CrossFit	
5:45pm		CrossFit		CrossFit		

***ON RAMP SESSIONS for 1.5 hours, Pre–booking and payment required Limited to 6 people per session.**

^^ Personal training and Intro sessions are available contact one of our coaches to book your sessions.

CrossFit Kids (7-12yrs) = 30 min, CrossFit Teens (12-17) = 50minutes. AQUA Sessions =50 minutes. CrossFit Session =1 hour,

**CrossFit North Queensland - crossfitnq.com.au
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RATES



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only)
(Under 18/Over 50)

Monthly unlimited \$65

CROSSFIT KIDS **It is essential you contact Fiona prior to bringing your child to a class as numbers are limited**card

CrossFit Kids (7-12yrs) \$10 per session, \$75 = 10 visit card

CrossFit Teens (12-17yrs) \$12.50 per session, \$110 = 10 session card

CROSSFIT Getting started

Intro sessions (3 x 30min) 1-on-1 with coach at a time to suit you = \$110pp

On Ramp (1 x 1.5 hrs) Timetabled class of up to 6 people = \$60pp

Both Intros and on ramp pack include a 1 week trial * conditions apply

OR Getting started deal = Intro/On Ramp plus + 1st month unlimited = \$200

Casual \$15, 10 Visit card \$140

Unlimited attendance at classes including Aqua sessions

\$45 Week Unlimited

\$75 Fortnight Unlimited

\$155 Month Unlimited / \$140 defence

\$450 3 Month Unlimited / \$ 410 defence

Unlimited sessions VIA Papal

\$42.50/week or \$70/fortnight or \$140/month

Paypal is the preferred method of payment and is the most cost effective if you are doing 3 or more sessions a week (which you should be)

Students, Emergency Services and Armed Forces discount available