



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7am						CrossFit
8am			Over 50s Aqua		Over 50s CrossFit	*CrossFit ON RAMP
9am	CrossFit	Aqua@ Riverway	9:30am CrossFit	Aqua@ Riverway	CrossFit	Aqua@ Riverway
3:30pm	CrossFit Teens	CrossFit Pre school	CrossFit Teens	CrossFit Pre School	CrossFit Teens	
3:50pm		CrossFit Kids		CrossFit Kids		
4:30pm	CrossFit	CrossFit	Open Box/ Strength	CrossFit	Open Box/ Strength	
5:30pm	CrossFit	5:45CrossFit	CrossFit	5:45CrossFit	CrossFit	
5:45pm		Aqua		Aqua		

**\*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 Pre School (4-6yrs) =20min, CrossFit Kids (7-12yrs) = 30 min, CrossFit Teens (12-17) = 50minutes. AQUA Sessions =50 minutes. CrossFit Session =1 hour,

## RATES

**AQUA** (Aqua Fitness session only)

Casual \$10 or Concession \$7 (Under 18/Over 50)

10 visit card \$85.00/ \$65

Monthly unlimited \$65

**CrossFit Kids** \*\*It is essential you contact Fiona prior to bringing your child to a class as numbers are limited\*\*

CrossFit Pre School (4-6yrs ) \$7 per session, \$60 = 10 visit card

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

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

### **Getting started with CrossFit North Queensland**

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 + 1<sup>st</sup> 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**

