

Fitness Timetable



	Mon	Tue	Wed	Thur	Fri
9:20am	Powerbar - Strength Interval	Fit Forever Pilates	Strength Interval	Cardio HIIT	Powerbar - Strength Interval
10:20am				Fit Forever Aerobics	

Note : class timetable is subject to change

Casual Price List

Casual per visit	\$18.00
10 Pass Casual Card	\$158.75
20 Pass Casual Card	\$301

Casual (Concession) Price List

Casual (Concession)	\$15.50
10 Pass Casual Card (Concession)	\$140
20 Pass Casual Card (Concession)	\$263



WURDI BAIERR
FITNESS

Contact the team at:

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