



PROGRAMS & PRICING

CrossFit (\$228+GST)

Unlimited classes

Couples Discount CrossFit (\$415+GST)

Unlimited classes

CrossFit & Nutrition (\$425+GST)

Unlimited classes + Nutrition

10 Class Pass (\$228.00+GST)

10 classes (valid up to 3 months)

First responder & Student 15% Off (\$193.8 + GST)

Unlimited classes

Just Ladies Class (\$133+GST)

Monday, Tuesday, Wednesday, and Friday

10 Class Pass Just Ladies Class (\$170+GST)

Monday, Tuesday, Wednesday, and Friday

CrossFit Teens 4 Class Pass (\$80 + GST)

CrossFit Teens 8 Class Pass (\$140 + GST)

Personal Training

Ask for our rates