

What are the training times?

	Mon	Tue	Wed	Thur	Fri	Sat
6am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
8am						CrossFit
9am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
12pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
4pm						CrossFit
5:45pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	

Training Fees

How much does it cost?

First of all ... there are **NO CONTRACTS!** Unlike the big franchise gyms, when you train with us you will not need to have an interview with a "membership consultant", nor will you have to sign up for any contract term.

Monthly Fee - unlimited sessions – Foundation Member Special

Direct Debit - \$100

Cash or Bank Transfer - \$100

Pay as you go

Casual (Drop In) - \$12 (for visiting CrossFitters*)

10 Session Pass - \$100 (requires management approval**)

Private Sessions

Private sessions are available by appointment. Fees range from \$60 to \$150 per hour depending on the experience and qualifications of the trainer. Typical fees are as follows

Level 1 trainer - \$80 per hour

Level 2 trainer - \$120 per hour

We accept payment via DIRECT DEBIT, cash, or electronic funds transfer (EFT). For monthly members we ***prefer direct debit*** as we have found this to be the simplest method for both parties. Direct debits can be setup by filling out the appropriate form when you are next at training. ***You will need your BSB and account number.*** If you prefer to use electronic funds transfer please discuss with our management team first.

For approved EFT customers, our bank details are below. Please use your surname as the reference for the transaction.

Account Name : CrossFit Toowoomba
Bank : Commonwealth Bank
BSB: 064-446
Account Number: 10233618

Notes:-

- Fees are subject to change
- A 10% discount applies for additional family members
- *The casual rate is intended for CrossFitters that are visiting Toowoomba.
- **The 10 Session Pass will be made available to members that have a genuine reason for not committing to the monthly plan, ie shift workers.
- There is no contract term associated with the Direct Debit payment method. It can be cancelled at any time.
- Direct Debit can be placed on hold if you are away for an extended period (eg work or holidays)
- The date you commence membership is the recurring date for your monthly payment. For example, if you join on the 27th January 2010, then your next direct debit payment will be the 27th February.