

## What are the training times?

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit (Oval in summer)		
7:15am						CrossFit Kids	
7:45						CrossFit	
9am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
1pm	CrossFit*	CrossFit*	CrossFit*	CrossFit*	CrossFit*		
			CrossFit & CF Kids				
4pm	CrossFit	CrossFit		CrossFit	CrossFit	CrossFit	CrossFit
5pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		

**\* The 1pm session is a rolling start. Earliest arrival is 1pm, latest is 2pm for a 2:45pm finish.**

## Training Fees

### How much does it cost?

\* No contracts

\* No membership consultant interviews

### **UNLIMITED SESSIONS**

As at 20 November 2011, all memberships will be set up with direct debit at \$28 per week to be debited each Friday.

**CASUAL** - \$20 per session.

**TEN PASS** - \$180 for a pre-paid 10 session pass.

**PRIVATE SESSIONS** - Appointment needed - \$50 per session.

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

**Account Name : CrossFit Toowoomba Pty Ltd**  
**Bank : Commonwealth Bank**  
**BSB: 064-446**  
**Account Number: 10257476**

**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 weekly 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 a period of more than one week.