

FROM 1 January 2012

PRICE LIST

Please arrive 15 minutes before classes. Please note all classes run for 1 hour duration

It is important for health and safety reasons that you warm up and wrap hands before all classes

What to bring: towel, water bottle and energy!

Fitness & Boxing classes questions & feedback please direct them to Riccardo on 0405 905 559 or via coach@onemorround.com.au

MEMBERSHIP	PACKAGES	COST	TIME
Annual		\$77	
Group Training (Members Only)		\$15	1 hr
Members	Group Sessions x10	\$120 (\$12 a visit)	1 hr
	Unlimited Group Sessions	DIRECT PAYMENT (\$60/f.n)	
*Personal Training			
1 On 1		\$60 per person	1 hr
	1 On 2,3,4	\$40 per person	1 hr

BOXING & FITNESS GYM

***ONE ON ONE & PRIVATE SESSIONS BY APPOINTMENT**

SESSIONS AVIALABLE

- * BOXING (COMPETITION)
- * FITNESS (BOXERCISE)
- * LADIES (ONLY)
- * KIDS (AGES 8-14)
- * OMR FIGHT NIGHT (**COMPETITION & INTRODUCTION SPARRING**)
- * COPORATE, SCHOOL, TEAM & GROUP TRAINING (BOOK NOW)

That's how you win!