

HIGHER PERFORMANCE

Thoughtful Pursuit of Strength

SCHEDULE

GROUP CLASS	MONDAY 0845 1000 1815 1930	FRIDAY 0845 1000 1800
	TUESDAY & THURSDAY 0615 0715 1815 1930	SATURDAY 0845 1000
	WEDNESDAY 1000 1815 1930	SUNDAY 1015 1500

MOBILITY	WEDNESDAY 0845
	SATURDAY 1115

SPECIAL RATES

**Students/NSF &
Senior Citizens**
(≥ 60)
15% OFF

New Members
10% OFF first
package / membership
purchased

PACKAGES / MEMBERSHIPS

GROUP / PREP CLASS	CUSTOMISED PROGRAMME	PRIVATE SESSION
	4-week @ \$200 12-week @ \$540 + Facility Access* Single @ \$12/Day Unlimited @ \$140/ 4-week	1 @ \$120 10 @ \$1000 20 @ \$1900 SEMI-PRIVATE SESSION 1 @ \$150 10 @ \$1300 20 @ \$2400
1 @ \$37 10 @ \$320 20 @ \$600 Unlimited @ \$280/Month		

**Appointment/Class booking required for all sessions at Higher Performance facility*