

HIGHER PERFORMANCE

Thoughtful Pursuit of Strength

#COVID19

Last Updated 30 Oct 2020

ONSITE TRAINING SCHEDULE

(Prep/Group, Customised & Mobility Class)

Mon	Tue	Wed	Thur	Fri	Sat	Sun
	7 am		7 am	7 am		
8.30 am	8.30 am	8.30 am	8.30 am	8.30 am	8.30 am	
10 am	10 am	10 am	10 am (Mobility only)	10 am	10 am	10 am
5 pm		5 pm		5 pm	11.30 am	11.30 am
6.15 pm	6 pm	6.15 pm	6 pm	6.15 pm	12.45 pm (NO PREP)	12.45 pm (Mobility only)
7.30 pm	7.30 pm	7.30 pm	7.30 pm	-		

Note:
Unless otherwise noted, Customised class will be held at 204 and Prep/Group class will be held at 188-6
Mobility Classes @ 188-6 (Tues 8.30 am, Thurs 10 am, Sat 11.30 am & Sun 1 pm)
Combined Class @ 204 (Tues, Thurs & Fri 7 am; Mon & Wed 5 pm)
Customised @ 204 / Mobility @ 188-6 (Tues 8.30 am, Sat 11.30 am)
Prep/Group only @ 188-6 (Sat 1.30 pm)

Appointment/Class booking required for all sessions at Higher Performance facilities

BUNDLE SPECIAL

20% off Private Session
@ \$96 (U.P. \$120)^
with 4-week or 12-week Customised
Programme

^PT sessions capped at 1x/week &
to be utilised with an active customised
programme

SPECIAL RATES

10% OFF (ONE TIME)
New Member^

^not applicable on single session /& customised
programmes with <2x/week onsite access

15% OFF
Students/NSF & Senior Citizens*
*60 years old & above

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PACKAGES / MEMBERSHIPS

GROUP / PREP CLASS

1 @ \$37
10 @ \$320
20 @ \$600

Unlimited @
\$280/Month

CUSTOMISED PROGRAMME ONLY

4-week @ \$200
12-week @ \$540

Top Up: Facility Access

Single @ \$12 per entry
Unlimited @ \$140 / 4-week

PRIVATE SESSION

1 @ \$120
10 @ \$1000
20 @ \$1900

SEMI-PRIVATE SESSION

1 @ \$150
10 @ \$1300
20 @ \$2400

BOOK YOUR 1ST SESSION NOW



via **Glofox**



via **WhatsApp**