

HIGHER PERFORMANCE

Thoughtful Pursuit of Strength

Last Updated 24 Feb 21

ONSITE TRAINING SCHEDULE

(Prep/Group, Customised & Mobility Class)

Mon	Tue	Wed	Thur	Fri	Sat	Sun
7 am	7 am	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	12.30 pm	5 pm	11.30 am	11.30 am
6.15 pm	6.15 pm	6.15 pm	6.15 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 12.45 pm)

Combined Class @ 204 (Mon - Fri 7 am, Thurs 12.30 pm)

Customised @ 204 / Mobility @ 188-6 (Tues 8.30 am, Sat 11.30 am)

Cust/Group only (NO PREP) @ 188-6 (Sat 12.45 pm)

Metabolic Conditioning (NO PREP) @ 188-6 / Prep/Customised @ 204 (Sat 10 am, Sun 10 am & 11.30 am)

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

HIGHER PERFORMANCE

Thoughtful Pursuit of Strength

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**