

Pay per term based on how many sessions you would like to do per week. During school breaks, sessions will be based on participant availability and are \$20. Choose any open group session!

**GROUP TRAINING SCHEDULE // 45 MINUTE SESSIONS**

Monday	6:30am – 8am: <b>PT</b>	9:15am: <b>open group</b>	10:15am: <b>over 60s</b>
Tuesday	6:15am: <b>open group</b>	9:15am: <b>open group</b>	10:15am onwards: <b>PT</b>
Wednesday	6:00am: <b>open group</b>	9:00am: <b>private group</b>	10:00am onwards: <b>PT</b>
Thursday	6:15am: <b>open group</b>	9:15am: <b>open group</b>	10:15am onwards: <b>PT</b>
Friday	6:15am: <b>open group</b>	9:00am: <b>private group</b>	10:00am onwards: <b>PT</b>

**PAYMENT OPTIONS**

1 session per week	@ \$20 / session	total of \$200 / term
2 sessions per week	@ \$18 / session	total of \$360 / term <b>(most popular)</b>
3 sessions per week	@ \$15 / session	total of \$450 / term
Drop-in sessions	@ \$25 / session	pay as you go <b>(best for no commitment)</b>

// If you miss a session, you can do a make-up session in that week, please provide 24-hours' notice. Missed sessions do not carry over into the next week. If you would like to join additional sessions (on top of your pre-purchase) you can pay a drop-in fee of \$20. In the event you miss an extended period of time due to lockdown or an emergency, we will make sure to take care of you. Vacations and other reasons for missed sessions require two weeks' notice. If I am unable to make a session, I will provide additional sessions at no charge.

**PT 1-1 AND BUDDY SESSIONS // 30 MINUTE SESSIONS**

1-1	@ \$60 / session	pay as you go
Buddy	@ \$80 / session	pay as you go

**PAYMENT AND CONTACT DETAILS**

Account name	Pinder & Higgins Trust	Studio	290 Simpsons Road, Bardonia, 4065
BSB	484 799	Phone	0435784004
Account number	350 281 948	Email	<a href="mailto:corby@biomehealthandfitness.com">corby@biomehealthandfitness.com</a>

If you have unique circumstances and would like to suggest another option, feel free 😊