BIOME
HEALTH + FITNESS

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. Discounts for 1-1 and Buddy commitments!

GROUP TRAINING SCHEDULE // 45 MINUTE SESSIONS

Monday	**5:30am – 8am: PT**	**9:15am: private**	**10:00am: open group**	**10:00am: over 60's**
Tuesday	**5:30am: open group**	**6:15am onwards: PT**	**9:15am: open group**	**10:15am: open group**
Wednesday	**5:30am – 8am: PT**	**9:00am: private group**	**10:00am onwards: PT**	
Thursday	**5:30am: open group**	**6:15am onwards: PT**	**9:15am: open group**	**10:15am onwards: PT**
Friday	**6:00am: open group**	**9:00am: private group**	**10:00am: private**	**10:45am onwards: PT**

PAYMENT OPTIONS

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

// 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 unforeseen events, 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, discounts w/commitment**
Buddy	**@ $80 / session**	**pay as you go, discounts w/commitment**

PAYMENT AND CONTACT DETAILS

Account name	**Pinder & Higgins Trust**	**Studio**	**290 Simpsons Road, Bardon, 4065**
BSB	**484 799**	**Phone**	**0435784004**
Account number	**350 281 948**	**Email**	**corby@biomehealthandfitness.com**

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

www.biomehealthandfitness.com