

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.

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

Monday	6:00am: open group	7am -8am: PT	9am: open group	10am onwards: PT
Tuesday	5:30am: open group	6:30am -8am: PT	9am: open group	10am onwards: PT
Wednesday	6:00am: open group	7am -8am: PT	9am onwards: PT	
Thursday	6:00am: open group	7am -9am: PT	9am: open group	10am onwards: PT
Friday	6:00am: open group	7am -8am: PT	9am onwards: PT	

**PAYMENT OPTIONS**

1 session per week	@ \$22 / session	total of \$220 / term (10 weeks)
2 sessions per week	@ \$19 / session	total of \$380 / term (most popular)
3 sessions per week	@ \$16 / session	total of \$480 / term (10 weeks)
Drop-in sessions	@ \$25 / session	pay as you go (best for no commitment)

**IMPORTANT GROUP TRAINING POLICY**

- If you miss sessions for any reason, you can do make-up sessions in that term with 12 hours' notice of cancellation. Cancellations within 12 hours are not valid for a make-up.
- If you would like to join additional sessions, you can pay a drop-in fee of \$22.
- If I am unable to run a session, I will provide a make-up session during term.

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

1-1	@ \$65 / session	pay as you go, discounts w/commitment
Buddy	@ \$85 / session	pay as you go, discounts w/commitment

**PAYMENT AND CONTACT DETAILS**

Account name	Biome Health and Fitness	Location	290 Simpsons Road, Bardonia, 4065
BSB	484 799	Phone	Corby Pinder, owner, 0435784004
Account #	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 ☺