

MAS FITNESS PRICES

INDIVIDUAL

- 1 session \$70
- 10 pack \$650

SEMI-PRIVATE (2 PPL)

- 1 session \$60 pp
- 10 pack \$550 pp

SMALL GROUP (3 PPL)

- 1 session \$50 pp
- 10 pack \$450 pp

Pricing - 1 hour session

INTRO PACK

\$100

- 2 x 45 minute sessions
- Body scan
- Postural assessment
- Fitness testing
- Goal setting

ONLINE COACHING

\$30 per week*

- 4 custom sessions
- 15 minute consult
- Access to a trainer
- Progress tracker app

CANCELLATION POLICY

Please note that payment must be made in full before the start of the session. If you need to cancel your session, a 50% fee of the session price will be applied for cancellations within 12 hours. For cancellations within 2 hours, the fee will be 100% of session price.