

NEW PRICE LIST



Effective from 1/7/2026

Introductory Session New Enquiries

30 MINS

\$0

Register via www.fitaf.com.au/free-pt-session-application

Private Kickboxing or Kettlebell Workout

30 MINS

\$65

1:1 or 2:1

Personal Training Sessions (1:1) Tailored Session Plan

30 MINS

\$75

per session

1:1 for accountability/progression/technique/plan update, stay and continue using the gym afterwards.

\$480

for 8 sessions

Small Group Sessions

Share the cost of Personal training in a friendly and supportive private training environment

30 Day Programme

\$360

4 weeks of lifting for short term commitment, inclusive of 4 week training plan and 12 small group lifting sessions with a 1 month expiry.

90 Day Programme

\$900

Includes 12 weeks training plan, and 36 small group sessions with a 3 month expiry

Intensive Coaching - Fat Loss & Strength

Fully tailored training and nutrition plans.
Enquire directly for current availability.

FOR BOOKINGS AND ENQUIRIES CONTACT ANGIE:



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www.fitaf.com.au