

# PREMONITION

## CROSSFIT EST. 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	W.O.D.	W.O.D.	W.O.D.	W.O.D.	W.O.D.	
8:30 AM	W.O.D.	W.O.D.	W.O.D.	W.O.D.	W.O.D.	
9 AM						W.O.D.
9:30 AM	W.O.D.	W.O.D.	W.O.D.	W.O.D.	W.O.D.	
10 AM						KIDS W.O.D.
3:30 PM	W.O.D.	W.O.D.	W.O.D.	W.O.D.	W.O.D.	
4:30 PM	W.O.D.	W.O.D.	W.O.D.	W.O.D.	W.O.D.	
5:15 PM		TEEN W.O.D.		TEEN W.O.D.		
5:30 PM	W.O.D.	W.O.D.	W.O.D.	W.O.D.	W.O.D.	

### INTRO TO CROSSFIT

Includes 2 private classes within the first week and unlimited group classes for the remainder of the month. | \$299

### MEMBERSHIP PRICING

Month-to-Month Unlimited Membership (Auto-Debit) \$50 enrollment fee + \$160mo

Add'l Family Member (Same house, spouse and/or child) | \$125mo

### TEENS

Month-to-Month (Auto-Debit) Tuesday + Thursday | \$100mo

### PUNCH CARDS

10 Class Punch Card.  
Good for ONE person only.  
\$175 (\$200 value, no expiration)

### PERSONAL TRAINING

Private Session | \$75hr  
2 people | \$40hr each

### BIRTHDAY PARTIES

1.5 hr party, includes private coach with programmed activities | \$250

### NUTRITION COACHING

45 minutes | \$60



**PREMONITIONCROSSFIT.COM**

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