

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.	
5:30 PM	W.O.D.	W.O.D.	W.O.D.	W.O.D.	W.O.D.	

MEMBERSHIP PRICING

Month-to-Month Unlimited Membership (Auto-Debit) | \$50 enrollment fee + \$150/mo
 Additional Family Member (Same household, spouse and/or child) | \$100/mo

PUNCH CARDS

10 Class Punch Card. Good for ONE person only. | \$150 (\$200 value, no expiration)

PERSONAL TRAINING

Private Session | \$65/hr 2 people | \$35/hr each

BIRTHDAY PARTIES

1.5 hour parties offered, include private coach with programmed activity | \$199

DISCOUNTED RATES

10% discount on month-to-month memberships for full-time students, military, veterans, firefighters, police officers and paramedics.



PREMONITIONCROSSFIT.COM



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