

# Group Fitness Class

Group Fitness Classes with a Whole New Experience  
(wef 1st October 2013)

Krank Fusion

A Whole New Full Body Workout that combines arm cycling with spinning

Instructor - Caroline Teo

When:

Mondays: 7.30 - 8.30pm

Wednesdays: 7.30 - 8.30pm

Where:

Physique 360 Group Class Studio

383 Bukit Timah Road #01-06 Alocassia Apt

Singapore 259727

Fees:

\$28.00 per entry

\$250.00 for package of 10 sessions (validity: 15 weeks)











## Small Group Personal Training (3-5 pax)

Instructors - Physique 360 Personal Trainers

When:

By Appointment Basis

Where:

Both Greenwood and Alocassia Branch

Fees:

3 pax - \$1,200.00 for 10 sessions

4 pax - \$1,350.00 for 10 sessions

5 pax - \$1,500.00 for 10 sessions

(Validity - 3 months)





