Complete Physique
Personalised trainers

Small Group Classes*

10 Class Pass $150

Casual Rate (Pay as you go) $20

**Includes Indoor Cycling and Boxing Circuits*

Class Participants are also welcome to use all of Complete Physiques facilities before and after classes.

Personal Training

Complete Physique offers 30 min, 45 min and 60 min one on one personal training sessions. For trainer availability or to simply get started please call us on **9816 8585.**

Private Group Training Sessions.

For private groups of 3 to 5 participants.

Classes are 60 min in duration

Casual rate $115.

10 Pass $950.