



Far-out Fitness

Movement Menu

“A wise man ought to realise that his health is his most valuable possession.” - Hippocrates

Yoga	30/60/90 Minutes	\$50/95/140
Meditation	30/60 Minutes	\$60/110
Pilates	60 Minutes	\$110
Beach Workout	60 Minutes	\$110
HIIT	60 Minutes	\$110
Functional & Core Training	60 Minutes	\$110
TRX	60 Minutes	\$110
Swimming Class	60 Minutes	\$110
Personal Training	60 Minutes	\$110