

CrossFit Hill Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CrossFit 6.00 - 7.00am	CrossFit 6.00- 7.00 am	CrossFit 6.00 - 7.00 am	CrossFit 6.00 - 7.00 am	CrossFit 6.00 - 7.00 am	
CrossFit 7.00am –8.00am CrossFit 9.30 - 10.30am	CrossFit 7.00am –8.00am CrossFit 9.30 - 10.30am	CrossFit 7.00am –8.00am	CrossFit 7.00am –8.00am CrossFit 9.30 - 10.30am	CrossFit 7.00am –8.00am CrossFit 9.30 - 10.30am	CrossFit 7.00 - 8.00am 9.00 – 10.00am
CrossFit 5.00 – 6.00pm	- CrossFit 5.30 – 6.30pm	CrossFit 5.00 – 6.00pm	CrossFit 5.00 – 6.00pm	CrossFit 5.00 – 6.00pm	
CrossFit 6.00 – 7.00pm	CrossFit 6.30 – 7.30pm	CrossFit 6.00 – 7.00pm	CrossFit 6.00 – 7.00pm	CrossFit 6.00 – 7.00pm	

Hill Sports Academy Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Judoroos 9.30 – 10.30	Judoroos 9.30 – 10.30		Judoroos 9.30- 10.30	Judoroos 9.30 – 10.30	8.00 – 9.00am • Adult Judo
4.00 -5.00 • Junior Judo	4.00 -5.00 • Junior Judo	4.00 -5.00 • Junior Judo	4.00 -5.00 • Junior Judo	4.00 -6.00 <i>Personal Training</i>	9.00 – 10.00am • BJJ
5.00 -6.00 <i>Personal Training</i>	5.00 -6.00 U/16's Judo	5.00 -6.00 <i>Personal Training</i>	5.00 -6.00 U/16's Judo	5.00 -6.00 <i>Personal Training</i>	
5.45- 7.00 • Boxing 7.00 – 8.00 • Kick Boxing	6.00-7.00 • Kick boxing 7.00-8.00 • BJJ Submission Wrestling • Adult Judo • BOXING	5.45 – 7.00 • Boxing 6.00 – 7.00 • Adult Judo 7.00 – 8.00 • Kick Boxing	6.00-7.00 • MMA • Kick boxing 7.00-8.00 • Boxing • BJJ	5.30 – 6.30 • KATA 6.00-7.00 • Submission Wrestling. Kosen Judo	
6.00- 7.00 • Adult Judo	6.00-7.00 • MMA	7.00 - 8.20 • Judo Fight Night Invitation Only	7.00 – 8.30 • Adult Judo	7.00 – 8.00 OPEN MAT	

Price structures

Joining fee \$70 (includes club t-shirt)

Class Fees

Direct Debit Plans	
1 class a wk	\$15.00/wk
2 classes a wk	\$20.00/wk
3 classes a wk	\$25.00/wk
4 classes a wk	\$30.00/wk
+ 4	\$35.00/wk

Up front 6 month membership	Up Front 12 month membership
1 class a wk \$400	1 class a wk \$780
2 classes a wk \$550	2 classes a wk \$990
3 classes a wk \$660	3 classes a wk \$1250
4 classes a wk \$850	4 classes a wk \$1600
+ 4 \$900	+ 4 \$1750

Junior Judo

1 Semester 2011

1 Training a week

One Child \$280

Family \$520

2 or more training a week

One Child \$400

Family \$760

All students need to be registered with ACT Judo federation which is \$35 per child for one year.

Family Deal (unlimited classes each family member)

Direct Debit \$55 / Week