BOOK IN FOR A FREE INTRODUCTION SESSION TODAY!

WELCOME TO THE PREMIUM CROSSFIT GYM OF TAIRĀWHITI

CROSSF

CROSSFIT 4010 HAS EVERYTHING YOU NEED TO GET STARTED...

For all forms and timetables visit our website. CrossFit 4010 has specialised programmes availabe aswell as one on one personal training.



CONSTANTLY VARIED
FUNCTIONAL MOVEMENT
HIGH INTENSITY

WWW.CROSSFIT4010.CO.NZ



TIMETABLE & MEMBERSHIP

WE KEEP THINGS SIMPLE. NO JOINING FEE. **NO** LONG TERM CONTRACT, **OPEN GYM INCLUDED.***

UNLIMITED \$42.50 pr./week **3 CLASSES PER WEEK** \$37.50 pr./week

PERSONAL TRAINING \$25 pr. /Class \$60 pr. session or 10 sessions \$500

DROP IN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPEN CROSSFIT 5:25AM - 6:15AM	OPEN CROSSFIT 5:25AM - 6:15AM	OPEN CROSSFIT 5:25AM - 6:15AM	OPEN CROSSFIT 5:25AM - 6:15AM	OPEN CROSSFIT 5:25AM - 6:15AM
OPEN CROSSFIT 6:15AM - 7:00AM	OPEN CROSSFIT 6:15AM - 7:00AM	OPEN CROSSFIT 6:15AM - 7:00AM	OPEN CROSSFIT 6:15AM - 7:00AM	OPEN CROSSFIT 6:15AM - 7:00AM
	MUMS & BUBS CROSSFIT 9:30AM - 10:30AM	MUMS & BUBS CROSSFIT 9:30AM - 10:30AM	MUMS & BUBS CROSSFIT 9:30AM - 10:30AM	
OPEN CROSSFIT 12PM - 1PM	OPEN CROSSFIT 12PM - 1PM	OPEN CROSSFIT 12PM - 1PM	OPEN CROSSFIT 12PM - 1PM	CROSSFIT LITE 12PM - 1PM
TEENS CROSSFIT 11-16 Yrs 3:20PM - 4:00PM	KIDS CROSSFIT 6-10 Yrs 3:20PM - 4:00PM	TEENS CROSSFIT 11-16 Yrs 3:20PM - 4:00PM		
OPEN CROSSFIT 5:15PM - 6:00PM	OPEN CROSSFIT 5:15PM - 6:00PM	OPEN CROSSFIT 5:15PM - 6:00PM	OPEN CROSSFIT 5:15PM - 6:00PM	OPEN CROSSFIT 5:15PM - 6:00PM
OPEN CROSSFIT 6:00PM - 6:45PM	OPEN CROSSFIT 6:00PM - 6:45PM	OPEN CROSSFIT 6:00PM - 6:45PM	OPEN CROSSFIT 6:00PM - 6:45PM	OPEN CROSSFIT 6:00PM - 6:45PM



TRY BEFORE YOU BUY!...WE WOULD LOVE FOR YOU TO COME IN AND DO A FREE TRIAL SESSION WITH US!

*Membership payments

We use the trusted Ezidebit for direct debit membership payments. Members get the choice of fortnightly or monthly deductions and membership is paid in advance. At Crossfit 4010 we prefer memberships are paid via direct debit and should you need to make

payments via another method this will incur an admin charge of \$5 per payment.

WE HAVE A TEAM OF EXPERIENCED TRAINERS. PLEASE ADVISE US IF YOU HAVE ANY CONCERNS.

CONTACT US

- 108 ROEBUCK ROAD, GISBORNE, 4010.
- **C** DARRYN 022 152 2689
- DARRYN@CROSSFIT4010.CO.NZ