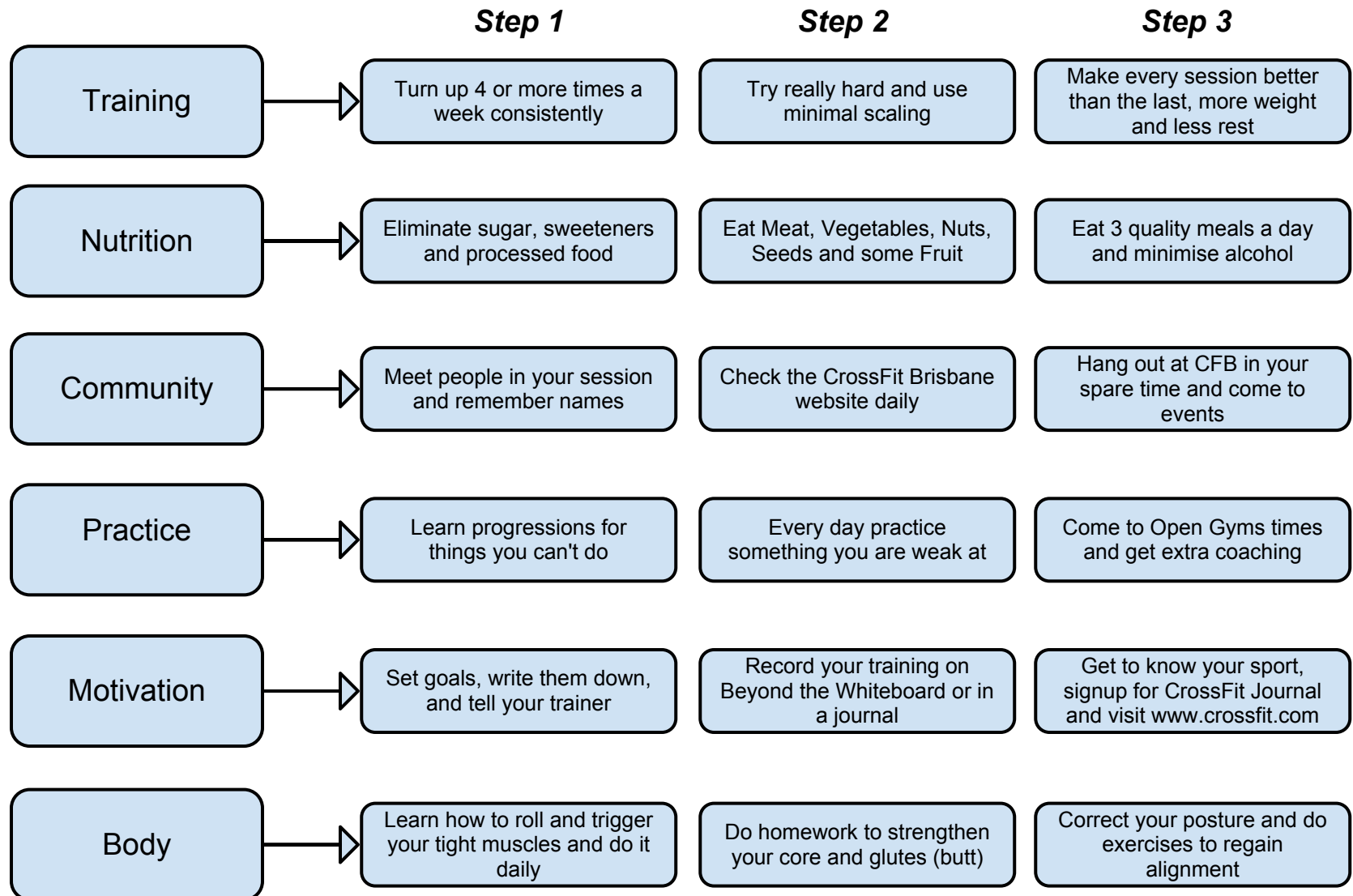


How to get the most out of your CrossFit Brisbane Membership ...



Your trainer can help you with all of these things, don't be afraid to ask