

1

R150

DROP IN GROUP SESSION
(once off)

2

R950

FOR THE MONTH
(for 12 sessions)

3

R750

FOR THE MONTH
(for 8 sessions)

4

R1350

FOR THE MONTH
(for all sessions)

STUDENTS RECEIVE 25% OFF ALL PACKAGES

PRICE LIST

**GROUP
CLASSES**

1

R250

(once off)

2

R2500

FOR THE MONTH

(for 12 sessions)

3

R1800

FOR THE MONTH

(for 8 sessions)

4

**PRICED PER PERSON FOR
TWO PEOPLE SHARING**

STUDENTS RECEIVE 25% OFF ALL PACKAGES

PRICE LIST

**SEMI PRIVATE
TRAINING**

1

R450

(once off)

2

R4500

FOR THE MONTH

(for 12 sessions)

3

R3500

FOR THE MONTH

(for 8 sessions)

4

**PACKAGES FOR
GROUP & PRIVATE
AVAILABLE**

STUDENTS RECEIVE 25% OFF ALL PACKAGES

PRICE LIST

**PRIVATE
TRAINING**

1

R350

PER WEIGH IN CONSULT

2

R1100

*CONSULT, INBODY SCAN
& 4 WEEK DIET PLAN*

3

R5400

*ONCE OFF
DNA TESTING & LIFESTYLE
STRUCTURE*

4

*PACKAGES FOR DIETITIAN &
PRIVATE TRAINING AVAILABLE*

PRICE LIST

DIETITIAN

1

R620

PER HOUR

2

R800

PER 1.5 HOURS

3

R2400

4 SESSIONS PER MONTH

4

R4700

8 SESSIONS PER MONTH

PRICE LIST

SPORTS MASSAGE

1

R680

ONCE OFF CONSULT

2

R620

PER FOLLOW UP CONSULT

3

R2200

4 SESSIONS PER MONTH

4

R4200

8 SESSIONS PER MONTH

PRICE LIST

BIOKINETICIST