

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

R1500

FOR THE MONTH
(for all sessions)

STUDENTS RECEIVE 25% OFF ALL PACKAGES

PRICE LIST

**GROUP
CLASSES**

1

R250

(once off)

2

R1800

FOR THE MONTH

(for 12 sessions)

3

R1500

FOR THE MONTH

(for 8 sessions)

4

**PACKAGES ONLY
VALID FOR 1 MONTH**

PRICE LIST

**PILATES
GROUP CLASSES**

1

R300

(once off)

2

R2800

FOR THE MONTH

(for 12 sessions)

3

R2000

FOR THE MONTH

(for 8 sessions)

4

***PRICED PER PERSON
FOR TWO PEOPLE SHARING***

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**

PRICE LIST

**PRIVATE
TRAINING**

1

R350

PER WEIGH IN CONSULT/ BODY ANALYSIS

2

R850

*1X INITIAL CONSULT (15 MIN)
1X NUTRITIONAL COUNSELLING
& 4 WEEK MEAL PLAN (60 MIN)*

3

R1100

*1X INITIAL CONSULT (15 MIN)
1X NUTRITIONAL COUNSELLING (60 MIN)
1X 4 WEEK MEAL PLAN AND FOLLOW UP CONSULT*

4

R1500

*1X WEIGH IN
4 WEEK MEAL PLAN
8X GROUP FITNESS CLASSES*

PRICE LIST

DIETICIAN

1

R350

PER 30 MIN MASSAGE

2

R550

PER 60 MIN MASSAGE

3

R2000

4 MASSAGES PER MONTH

4

R2650

4 MASSAGES & 8 GROUP FITNESS CLASSES

PRICE LIST

SPORTS MASSAGE

1

R650

ONCE OFF SESSION

2

R550

PER FOLLOW UP SESSION

3

R4000

8 SESSION PACKAGE FOR THE MONTH

4

***MORE PERSONALISED
PACKAGES AVAILABLE UPON
REQUEST***

PRICE LIST

BIOKINETICIST

1

R1300

ENERGY DRIP

*NAD+ VITAMINS (B-COMPLEX VITAMINS,
VITAMIN B12, VITAMIN C, MAGNESIUM, GLUTATHIONE)*

2

R1500

MYERS COCKTAIL

*MAGNESIUM, CALCIUM, ALL THE B VITAMINS IN HIGH DOSES,
HIGH DOSE OF VITAMIN C*

3

R1900

DETOX DRIP

GLUTATHIONE, VITAMIN B & VITAMIN C

4

**15% OFF YOUR TOTAL WHEN
BOOKING 3 OR MORE DRIPS**

PRICE LIST

IV DRIPS

1

R1350

**4 GROUP CLASSES PER MONTH
1 SPORTS MASSAGE PER MONTH
1 DIETICIAN WEIGH IN PER MONTH**

2

R1550

**8 GROUP CLASSES PER MONTH
1 SPORTS MASSAGE PER MONTH
1 DIETICIAN WEIGH IN PER MONTH**

3

R1850

**12 GROUP CLASSES PER MONTH
1 SPORTS MASSAGE PER MONTH
1 DIETICIAN WEIGH IN PER MONTH**

OPTION 1 = R225 PER SESSION

OPTION 2 = R155 PER SESSION

OPTION 3 = R132 PER SESSION

PRICE LIST

ALL INCLUSIVE PACKAGES