

# MEMBERSHIP OPTIONS AND SCHEDULE

## 1:1 Personal Coaching Membership

|                   | 2/week | 3/week | 4/week | 5/week |
|-------------------|--------|--------|--------|--------|
| 3 Month Contract  | R2200  | R3300  | R4400  | R5500  |
| 12 Month Contract | R2000  | R3000  | R4000  | R5000  |

*All prices are per month. Talk to your coach about schedule options.*

## Small Group Personal Coaching Membership (Max 4 people/coach)

|                   | 2/week | 3/week | 4/week | 5/week |
|-------------------|--------|--------|--------|--------|
| 3 Month Contract  | R1200  | R1800  | R2400  | R3000  |
| 12 Month Contract | R1000  | R1500  | R2000  | R2500  |

*All prices are per month.*

Small Group Personal Coaching Schedule

| Mon         | Tue         | Wed         | Thu         | Fri       |
|-------------|-------------|-------------|-------------|-----------|
| 5:15-6:15   | 5:15-6:15   | 5:15-6:15   | 5:15-6:15   | 5:15-6:15 |
| 6:30-7:30   | 6:30-7:30   | 6:30-7:30   | 6:30-7:30   | 6:30-7:30 |
|             | 8:00-9:00   |             | 8:00-9:00   | 8:00-9:00 |
| 14:45-15:45 | 14:45-15:45 | 14:45-15:45 | 14:45-15:45 |           |
| 16:00-17:00 | 16:00-17:00 | 16:00-17:00 | 16:00-17:00 |           |
| 17:15-18:15 | 17:15-18:15 | 17:15-18:15 | 17:15-18:15 |           |