



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. Talk to your coach about schedule options.

Functional Fitness Classes Membership

	Limited (3x per week)	Unlimited (Up to 5x per week)
Month-Month	R950/month	R1200/month
12 Month Contract	R850/month	R1100/month

Functional Fitness Classes Schedule

Mon	Tue	Wed	Thu	Fri
5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00
6:15-7:15	6:15-7:15	6:15-7:15	6:15-7:15	6:15-7:15

Limited spots available in each class. (Max 6 people per class)