

# THRIVE MAMA MEMBERSHIP OPTIONS

## 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.*

## Mom Strong Class (max 5 moms per class)

*Mondays 8:00, Tuesdays 10:30, Wednesdays 8:00, Thursdays 9:30*

|                 |        |        |           |
|-----------------|--------|--------|-----------|
| Classes a week  | 1/week | 2/week | Unlimited |
| Cost of package | R500   | R850   | R1150     |

*All prices are per month.*

## Remote Coaching

|                  |                |
|------------------|----------------|
| 3 Month Contract | R850 per month |
|------------------|----------------|