



GROUP CLASSES

	5am	6am			7am	8am		4pm	4.30pm	5pm
MON	DANIEL HIIT & Strength	CAMERON Functional HIIT & Strength	NIKITA HIIT & Strength		CAMERON Functional HIIT & Strength	CAMERON Functional HIIT & Strength			CAMERON Functional HIIT & Strength	NIKITA HIIT & Strength
TUES	DANIEL HIIT & Strength	CAMERON Functional HIIT & Strength				CAMERON Functional HIIT & Strength		DANIEL HIIT & Strength	CAMERON Functional HIIT & Strength	
WED		CAMERON Functional HIIT & Strength	NIKITA HIIT & Strength	CLAUDIA BIOKINETICIST Stretch & Mobility	CAMERON Functional HIIT & Strength	CAMERON Functional HIIT & Strength		DANIEL HIIT & Strength	CAMERON Functional HIIT & Strength	NIKITA HIIT & Strength
THUR	DANIEL HIIT & Strength	CAMERON Functional HIIT & Strength				CAMERON Functional HIIT & Strength		NIKITA HIIT & Strength	CAMERON Functional HIIT & Strength	
FRI		CAMERON Functional HIIT & Strength			CAMERON Functional HIIT & Strength	CAMERON Functional HIIT & Strength		DANIEL HIIT & Strength		

FEES & CONTACT DETAILS:

Cameron Smith:

Cell: 074 325 0287 Email: cameronmatthewsmith1@gmail.com

(R125 per person per session)
R1000/month for 2 sessions per week
R1500/month for 3 sessions per week

Nikita van der Merwe :

Cell: 079 246 2475 Email: nikitallollita03@gmail.com

R150 per person per session

Claudia Cummins (Biokineticist):

Cell: 084 891 1995 Email: claudiajanecummins1@gmail.com

(Private one-on-one and rehabilitation appointments available)
Stretch & Mobility Group Class:
R450/month for 4 sessions

Daniel Van Deventer:

Cell: 073 070 3735 Email: danielstevens181@gmail.com

Group Classes: R120 per session
Personal Training available for R350/session