



## GROUP CLASSES

1 session/week: R450/month  
 2 sessions/week: R620/month  
 3 sessions/week: R840/month  
 Unlimited: R1000/month  
 Drop-In Rate: R100/class

<b>MON</b>	<b>5.30am</b> STRENGTH	<b>8.00am</b> STRENGTH	<b>8.30am</b> MET-CON/HIIT	<b>9.30am</b> Ladies Beginner Class	<b>3pm</b> MET-CON/HIIT	<b>5pm</b> STRENGTH
<b>TUES</b>	<b>5.30am</b> MET-CON/HIIT	<b>8.00am</b> MET-CON/HIIT		<b>9am</b> Mom Squad PostPartum	<b>3pm</b> STRENGTH	<b>5pm</b> MET-CON/HIIT
<b>WED</b>	<b>5.30am</b> MET-CON/HIIT	<b>8.00am</b> MET-CON/HIIT	<b>8.30am</b> STRENGTH	<b>9.30am</b> Ladies Beginner Class	<b>3pm</b> STRENGTH	<b>5pm</b> MET-CON/HIIT
<b>THUR</b>	<b>5.30am</b> STRENGTH	<b>8.00am</b> STRENGTH		<b>9am</b> Mom Squad PostPartum	<b>3pm</b> STRENGTH & MET-CON	<b>5pm</b> STRENGTH
<b>FRI</b>	<b>5.30am</b> CHIPPER FRIDAY	<b>8.00am</b> CHIPPER FRIDAY				

### CONTACT:

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