



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

MON	5.30am STRENGTH	8am STRENGTH	8.30am MET-CON/HIIT	9.30am Ladies Beginner Class		5pm STRENGTH
TUES	5.30am STRENGTH & CONDITIONING	8am STRENGTH & CONDITIONING		9am Mom Squad PostPartum	3pm STRENGTH	
WED	5.30am MET-CON/HIIT	8am MET-CON/HIIT	8.30am STRENGTH	9.30am Ladies Beginner Class		5pm MET-CON/HIIT
THUR	5.30am STRENGTH	8am STRENGTH		9am Mom Squad PostPartum	3pm MIXED MET-CON/HIIT	5pm STRENGTH
FRI	5.30am CHIPPER FRIDAY	8am CHIPPER FRIDAY				

CONTACT:

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