



GROUP CLASSES

	5am	5.30am	6am	7am	7.30am	8am	4.30pm
MON	DANIEL HIIT & Strength	RICHARD Group Training Rehab Athletic Strength & Conditioning	CAMERON Functional HIIT & Strength	RICHARD Group Training Rehab Athletic Strength & Conditioning	DANIEL HIIT & Strength	CAMERON Functional HIIT & Strength	CAMERON Functional HIIT & Strength
TUES	DANIEL HIIT & Strength	RICHARD Group Training Rehab Athletic Strength & Conditioning	CAMERON Functional HIIT & Strength	RICHARD Group Training Rehab Athletic Strength & Conditioning	RICHARD Group Training Rehab Athletic Strength & Conditioning	CAMERON Functional HIIT & Strength	CAMERON Functional HIIT & Strength
WED	RICHARD Group Training Rehab Athletic Strength & Conditioning	RICHARD Group Training Rehab Athletic Strength & Conditioning	CAMERON Functional HIIT & Strength	RICHARD Group Training Rehab Athletic Strength & Conditioning	RICHARD Group Training Rehab Athletic Strength & Conditioning	CAMERON Functional HIIT & Strength	CAMERON Functional HIIT & Strength
THUR	DANIEL HIIT & Strength	RICHARD Group Training Rehab Athletic Strength & Conditioning	CAMERON Functional HIIT & Strength	RICHARD Group Training Rehab Athletic Strength & Conditioning	DANIEL HIIT & Strength	CAMERON Functional HIIT & Strength	CAMERON Functional HIIT & Strength
FRI	RICHARD Group Training Rehab Athletic Strength & Conditioning	RICHARD Group Training Rehab Athletic Strength & Conditioning	CAMERON Functional HIIT & Strength	RICHARD Group Training Rehab Athletic Strength & Conditioning	RICHARD Group Training Rehab Athletic Strength & Conditioning	CAMERON Functional HIIT & Strength	

FEES & CONTACT DETAILS:

Daniel Van Deventer:

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

Group Classes: R130 per session

Personal Training (one-on-one): R250/session

Personal Training (partner training): R200/session each

Cameron Smith:

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

Group Classes: R125 per person per session

R1000/month for 2 sessions per week

R1500/month for 3 sessions per week

Richard Tyler (Rehabilitation and High Performance Specialist):

Cell: 074 434 0296 Email: rjatyler@gmail.com

Group Classes: R175 per session each

Private Rehabilitation (One-on-One): R550 per session

Athletic Strength and Conditioning (One-on-One): R500 per session