CLASS RATES · PEAK · VALID FROM NOVEMBER 2026

what it *costs*.

pilates dynamics®

PRIVATE & SEMI-PRIVATE

Mat and large equipment

PER PERSON, PER CLASS

SESSIONS	PRIVATE	DUO (2)	TRIO (3)	QUAD (4)
Once a week	R578	R375	R340	R315
Twice a week	R567	R365	R330	R305
Three times a week	R557	R355	R320	R295
Drop-in, per class	R700	R445	R410	R380

Duo, trio and quad are shared sessions, priced per person. Monthly bookings required. Weigh, measure and body-fat analysis is included free for private clients.

GROUP CLASSES

Monthly rates

4 TO 8 IN A CLASS

CLASS	1× WEEKLY	2× WEEKLY	3× WEEKLY	DROP-IN
Mat & Small Equipment	R780	R1 430	R1 975	R240
Stretch	R930	R1 740	—	R255
Large Equipment Reformer, Towers & Chairs	R930	R1 740	R2 370	R255

Monthly rates cover the month's classes at the chosen frequency; drop-in is per class.

CLASS PASSES

Train on your terms

ANY GROUP CLASS

PASS	VALID FOR	PER CLASS	PRICE
5 Class Pass	2 months	R320	R1 600
10 Class Pass	3 months	R300	R3 000

Book and cancel in the Octiv app at least 12 hours before class. Passes are not refundable or transferable.

KIDS & TEENS · AGES 5 TO 12 · 45 MIN

Kiddies Pilates

OPTION	RATE
Group, once a week monthly	R720
Group drop-in per class	R255
Private per child, per class · monthly bookings	R300

NEW HERE?

Start with an assessment

Orientation & initial assessment — **Free**

55 minutes, for beginners

Your first assessment is free: a private hour to see how you move, then a recommendation of the classes and frequency that suit you. The first step for everyone, whatever your level.

Book online: pilatesdynamics.co.za/pricing · 072 999 2229 · 011 792 5459

Unit G08, Kiepersol House, Stonemill Office Park, 300 Acacia Road, Darrenwood, 2195

Peak rates, VAT inclusive. Rates are subject to change.