

Private Classes				
Per Person-Per Class				
	Private	Duo	Trio	Quad
Option 1: Pilates Classes (Large & Small Equipment)	R405	R240	R210	R190
Option 2: Yoga & Pilates (Mat & Small Equipment)	R385	R215	R180	R160
Weigh, Measure & Body Fat Analysis (Free Service To Private Clients)				

Group Classes				
Monthly Fee				
	1x Weekly	2x Weekly	3x Weekly	Drop In Rate Per Class
Option 1: Yoga (Vinyasa)	R470	R800	R1 150	R160
Option 2: Pilates (Mat & Small Equipment)	R470	R800	R1 150	R160
Option 3: Pilates (Large & Small Equipment)	R575	R1 015	R1 440	R180

Special Population (Pilates Only)				
Group Fee 1x Monthly / Private Per Person - Per Class				
	Group Monthly 1x Weekly	Drop In Rate Per Class	Private	Duo
Senior (Above 65 Years Old)	R470	R160		
Kids & Teens (5-12 Years Old)(45min)	R470	R160	R300	R160
Preggy	R470	R160		

Other Services (Pilates Only)	
Group Class Orientation/ Initial Assesment For Beginners (55min)	R250 Per Class- Per Person
Body Posture Analysis (60min)	R420 Per Person