

PILATES DYNAMICS-C/0 2 NICOLYN & SILVER PINE AVE RUITERHOF RANDBURG
CONTACT: 0729992229/ 0117925459 OR info@pilatesdynamics.co.za



Private + Semi-Private				
Rate shown is Per Person-Per Class (Monthly bookings required)				
	Private	Duo (2 People)	Trio(3 People)	Quad (4 People)
Option 1: Pilates Classes (Mat + Machines: Reformer;Towers;Chairs)				
1x Weekly	R450	R280	R250	R235
2x Weekly	R440	R270	R240	R225
3x Weekly	R430	R260	R230	R215

Weigh, Measure & Body Fat Analysis (Free Service To Private Clients)

Group Classes

Monthly Rates shown below (Minimum 4 people in a Group Class)				
	1x Weekly	2x Weekly	3x Weekly	Drop In Rate Per Class
Option 1: Pilates (Mat & Small Equipment)	R580	R1,080	R1,500	R190
Option 2: Pilates (Machines: Reformer;Towers;Chairs)	R700	R1,320	R1,800	R210

Kids

Group Fee 1x Monthly Rate / Private Rate is Per Person - Per Class (Monthly bookings required-Minimum 4 people in a Group Class)

	Group Monthly 1x Weekly	Drop In Rate Per Class		
Kids & Teen (5-12 Years Old)(45min)	R540	R190		

Other Services (Once off)	
Group Class Orientation/ Initial Assesment For Beginners (55min)	R300 Per Class- Per Person

IV Drips

Wellness cocktail,Flawless Skin, Sports Endurance, Hangover, Immune Boost,Rejuvenate, Veg'n Boost	Between R850 & R1450
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