

PILATES DYNAMICS

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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	R475	R300	R270	R250
2x Weekly	R465	R290	R260	R240
3x Weekly	R455	R280	R250	R230

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)	R610	R1,135	R1,575	R200
Option 2: Pilates (Machines: Reformer;Towers;Chairs)	R735	R1,390	R1,890	R220

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)	R570	R200		

Other Services (Once off)	
Group Class Orientation/ Initial Assesment For Beginners (55min)	320