

CONTACT: 0729992229/ 0117925459 OR info@pilatesdynamics.co.za

OFF PEAK PRICING - 1 JUNE 2026 TO 30 AUGUST 2026



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	R565	R365	R330	R305
2x Weekly	R555	R355	R320	R295
3x Weekly	R545	R345	R310	R285
Drop in rate per class	R700	R445	R410	R380
Weigh, Measure & Body Fat Analysis (Free Service To Private Clients above)				
Group Classes				

GROUP Monthly Rates (Minimum 4 people in a Group Class)				
	1x Weekly (PER MONTH)	2x Weekly (PER MONTH)	3x Weekly (PER MONTH)	Drop In Rate Per Class
Option 1: Pilates (Mat & Small Equipment)	R760	R1,390	R1,916	R240
Option 2: Pilates (Stretch)	R905	R1,690	R2,300	R255
Option 3: Pilates (Machines: Reformer; Towers; Chairs)	R905	R1,690	R2,300	R255
Option 4: Pilates (Any Equipment) 45min	R700	-	-	R215

Kids			
GROUP Monthly Rate (Monthly bookings required)			
	Group Monthly 1x Week	Drop In Rate Per Class	Private Class
Kids & Teen (45min)	R700	R215	R300

NEW TO PILATES?	
Group Class Orientation/ Initial Assesment For Beginners (55min)	R155