

Scheduled Class Timetable

September 2019

- Bikram – 90 minutes
- ✎ Bikram – 80 Minutes
- ▶ Bikram – 70 Minutes
- ◆ Inferno Pilates
- Flow – 90 Minutes
- Flow – 75 Minutes
- ◆ Yin – 90 Minutes

Rev. 1.0

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8	
<ul style="list-style-type: none"> ■ 09h00 Nozi ● 17h00 Refiloe ◆ 18h40 Lauren B. 	<ul style="list-style-type: none"> ● 09h00 Zoey ● 17h00 Leslie ➤ 18h40 Lexi 	<ul style="list-style-type: none"> ◆ 09h00 Evangelia ✎ 17h00 Refiloe ■ 18h30 Mandla 	<ul style="list-style-type: none"> ■ 09h00 Nozi ● 17h00 Kim 	<ul style="list-style-type: none"> ● 09h00 Bridget 	<ul style="list-style-type: none"> ● 07h00 Bridget ■ 09h00 Mandla 	<ul style="list-style-type: none"> ◆ 09h00 Lila ◆ 16h30 Sean 	
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15	
<ul style="list-style-type: none"> ■ 09h00 Nozi ● 17h00 Refiloe ◆ 18h40 Sean 	<ul style="list-style-type: none"> ● 09h00 Zoey ● 17h00 Kim ➤ 18h40 Lexi 	<ul style="list-style-type: none"> ◆ 09h00 Lila ✎ 17h00 Refiloe ■ 18h30 Mandla 	<ul style="list-style-type: none"> ■ 09h00 Nozi ● 17h00 Kim 	<ul style="list-style-type: none"> ● 09h00 Bridget 	<ul style="list-style-type: none"> ● 07h00 Bridget ■ 09h00 Mandla 	<ul style="list-style-type: none"> ◆ 09h00 Evangelia ◆ 16h30 Sean 	
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22	
<ul style="list-style-type: none"> ■ 09h00 Nozi ● 17h00 Refiloe ◆ 18h40 Sean 	<ul style="list-style-type: none"> ● 09h00 Zoey ● 17h00 Leslie ➤ 18h40 Lexi 	<ul style="list-style-type: none"> ◆ 09h00 Evangelia ✎ 17h00 Refiloe ■ 18h30 Mandla 	<ul style="list-style-type: none"> ■ 09h00 Nozi ● 17h00 Kim 	<ul style="list-style-type: none"> ● 09h00 Bridget 	<ul style="list-style-type: none"> ● 07h00 Bridget ■ 09h00 Mandla 	<ul style="list-style-type: none"> ◆ 09h00 Lila ◆ 16h30 Sean 	
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29	
<ul style="list-style-type: none"> ■ 09h00 Nozi ● 17h00 Refiloe ◆ 18h40 Sean 	<p style="text-align: center; background-color: #d3d3d3; margin: 0;">Heritage Day</p> <ul style="list-style-type: none"> ● 09h00 Zoey 	<ul style="list-style-type: none"> ◆ 09h00 Lila ✎ 17h00 Refiloe ■ 18h30 Mandla 	<ul style="list-style-type: none"> ■ 09h00 Nozi ● 17h00 Bridget 	<ul style="list-style-type: none"> ● 09h00 Bridget 	<ul style="list-style-type: none"> ● 07h00 Bridget ■ 09h00 Mandla 	<ul style="list-style-type: none"> ◆ 09h00 Evangelia ◆ 16h30 Sean 	
Monday 30	<p style="text-align: center;">Please Note:</p> <p>Teachers listed on this schedule are subject to change at short notice</p>		<p style="text-align: center;">If you cannot attend Morning Mid-Week</p> <p style="text-align: center;">New @ Weekend</p> <p style="text-align: center;">Sunday 09h00</p> <p style="text-align: center;">Schedule Change</p> <div style="text-align: center;">  </div>		<div style="text-align: center;">  </div>		Sunday 1
<ul style="list-style-type: none"> ■ 09h00 Nozi ● 17h00 Refiloe ◆ 18h40 Sean 	<p style="text-align: center;">Please Note:</p> <p>Teachers listed on this schedule are subject to change at short notice</p>		<p style="text-align: center;">If you cannot attend Morning Mid-Week</p> <p style="text-align: center;">New @ Weekend</p> <p style="text-align: center;">Sunday 09h00</p> <p style="text-align: center;">Schedule Change</p> <div style="text-align: center;">  </div>		<div style="text-align: center;">  </div>		<ul style="list-style-type: none"> ◆ 09h00 Evangelia ◆ 16h30 Lauren B.



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2019 Price List

1st TIMER SPECIAL FOR NEW CLIENTS

10 Consecutive Days unlimited - **only R275**

Unlimited classes for 1 month - **only R770**

10 Classes valid over 2 months - **R980**

CLASS PASSES

Drop-In - **R170 per class**

5 Classes valid over 1 months - **R550**

10 Classes valid over 3 months - **R1215**

15 Classes valid over 5 months - **R1800**

UNLIMITED CLASS PACKAGES

1 Month unlimited - **R950**

3 Months unlimited - **R2450**

6 Months unlimited - **R4730**

1 Year unlimited - **R7800**

AUTOPAY MEMBERSHIP

Hassle free monthly direct debit

1 Year - **R770 per month**

4 Months - **R825 per month**

TRAVELLER DISCOUNT

includes Mat, Towel & Water

1 Week Traveller - **R450**

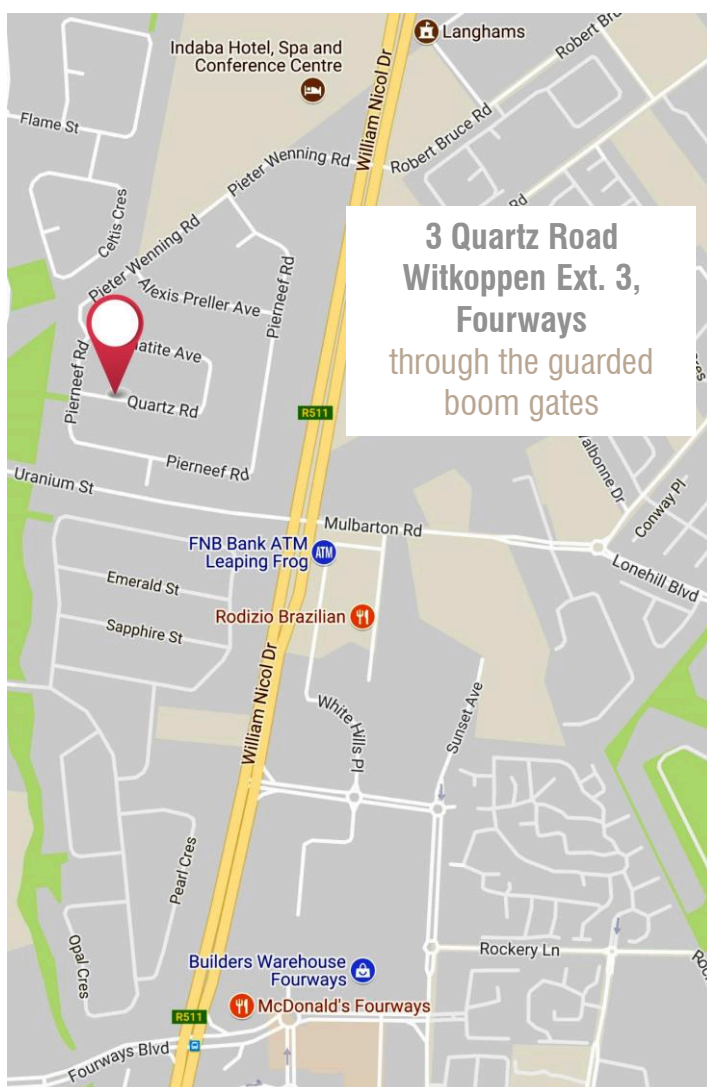
2 Week Traveller - **R550**

STUDENT & PENSIONERS

20% Discount on all pricing

except on 10 Day 1st Timer Special

All package pricing includes VAT



TERMS & CONDITIONS

10 Day Special applies to local residents only

Packages are STRICTLY non-refundable,
non-transferable and non-extendable