

PILATES FOURWAYS RATES

MONTHLY PRIVATE & SEMI-PRIVATE

Mat and Small Equipment

R 200 per person / R 180 per person for duo

R 150 each Trio / R130 each Quad

Specialized (Pilates Machines, Mat & Small Equipment)

(Including Weight Monitoring and Measurement)

R 280 per person / R 440 for 2 people

R 200 per person 30min / R130 per person 30min

PILATES FOR SENIORS (60 Years and Up)

Mat and Small Equipment Group

On Wednesday Mornings at 09:00

R 60 per person

MONTHLY GROUP FEES

Group Mat & Small Equipment Classes

R 110 - 1 x weekly per class

R 100 - 2 x weekly per class

R 90 - 3 x weekly per class

R 120 - Drop in Rate

PREGGY PILATES GROUP CLASSES

On Friday Mornings at 10:00

R 95 - 1 x weekly per class

MASSAGE THERAPY

R380 - Full Body Aromatherapy Massage (55min)

R450 - Full Body Aromatherapy Massage (1.5hour)

R450 - Full Body Sport or Swedish Massage (55min)

R275 - Back & Neck Massage (30 to 40 minutes)

R800 - Full Body Holistic Massage, Lymphatic Drainage and optional Colon
Massage