

R RESOLUTE FITNESS★

R250 Gym membership applies to all packages.

SMALL GROUP TRAINING

- 1 x per week @ R900pm
- 2 x per week @ R1800pm
- 3 x per week @ R2200pm
- 4 x per week @ R2800pm
- 5 x per week @ R3400pm

PERSONAL TRAINING

- 1 x per week @ R1200pm
- 2 x per week @ R2000pm
- 3 x per week @ R2800pm
- 4 x per week @ R3400pm
- 5 x per week @ R4000pm

CUSTOM PROGRAMMING

R375 Per session