

Services

- [Mobile Pilates instruction](#)
- [Group/private sessions](#)

Cost: **R150 (per session, pp)**

- This is a 50-60 min. session
- Please make sure that you have your own mat/ball/resistance band

OPTION 1: R200

- This option applies for 2-4 people per session
- Please make sure that you have your own mat/ball/resistance band

OPTION 2: R300

- This option is for 5-8 people per session
- Please make sure that you have your own mat/ball/resistance band

Fees are payable in advance (cash/eft)