



Fitness Classes

Train like a woman for a woman's physique

www.dynamxgym.co.za

076 698 9994



FREE TRIAL

Rates

Cash, Card, EFT

Unlimited:

Any 3 Classes / week

Any 2 Classes / week

Any 1 Class / week

SCHOLAR/STUDENT/OVER 60'S:

R 1350

R 1050

R 850

R 550

R 850 for 3 classes

Holidaymakers welcome

Drop In: R 160

Pack of 5 classes: R 650

Pack of 10 classes: R 1100

Personal Training: R 400

MONDAY

7:15 AM

Stronger Leaner

8:15 AM

Stronger Leaner

4:30 PM

Stronger Leaner

TUESDAY

7:15 AM

Slow Burn

8:15 AM

Slow Burn

4:30PM

Mixed Mobility
Circuit

WEDNESDAY

7:15 AM

Mixed Mobility
Circuit

8:15 AM

Slow Burn

4:30 PM

Fascia/ Stretch
Rehabilitation

THURSDAY

7:15 AM

Ab Core & Tone

8:15 AM

Dance Class

4:30PM

Slow Burn OR
TRX Suspension

FRIDAY

8:00 AM

Fascia / Stretch
Rehabilitation

4:30 PM

Yoga