

# ONE-ON-ONE Personal Training

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## ADULTS / STUDENTS

1x Per Week = R190 per session

2x Per Week = R170 per session

3x Per Week = R150 per session

4x Per Week = R130 per session

# SMALL GROUP Personal Training

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*[min 2 people; max 4 people]*

## ADULTS / STUDENTS

1x Per Week = R130pp per session

2x Per Week = R110pp per session

3x Per Week = R90pp per session

4x Per Week = R70pp per session

# HOME Personal Training

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## ADULTS / STUDENTS

1x Per Week = R320 per session

2x Per Week = R270 per session

3x Per Week = R220 per session

## PRE-EXISTING Training Programs

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*[eBook & app based programs available]*

### **Winter Home Workout Program (WHWC)**

eBook Based: 4 week - 12 week options

### **Turn Up the HIIT Program**

App Based: 5 week - 30 week option

### **LEAN Program**

App Based: 6 week - 18 week options

***Check out the programs on  
[www.fitbesttraining.co.za/onlinetraining](http://www.fitbesttraining.co.za/onlinetraining)***