



EVERY MONDAY
& FRIDAY FOR
THE MONTH OF
SEPTEMBER



MONDAY
11H00 - 12H00
FRIDAY
12H00 - 13H00



TOTAL
INVESTMENT
R1850



SPACES -
ATRIUM ON 5th
SANDTON CITY



Spring

INTO

Summer

30 DAY WEIGHT LOSS CHALLENGE

Group weight loss programme run by Mayuri Bhawan (RD) & Jessica Oosthuizen (RD). Weekly weigh ins will be held & a new topic will be discussed.

CONTACT US TO MAKE A BOOKING
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