



BODYINNOVATION
REVIVE • MOVE • ENHANCE

OUR SERVICES AND
**PRICING
PACKAGES**

BIOKINETICS

PRIVATE BIOKINETICS SESSIONS

One-on-one biokinetics at Body Innovation rates

Introductory package: evaluation + three one-on-one sessions – valid for 14 days	R1,920.00
5 session package – use as you need	R2,235.00
2x a week – month to month	R3,185.00
3x a week – month to month	R4,630.00

PRIVATE BIOKINETICS SESSIONS

One-on-one biokinetics at medical aid rates

Evaluation session	R840.00
Single session	R470.00

DUO BIOKINETICS SESSIONS

Biokinetics for two people in the same time slot

Single session	R340.00 p/p
5 session package	R1,640.00 p/p
2x a week – month to month	R2,030.00 p/p
3x a week – month to month	R2,940.00 p/p

GROUP TRAINING

GROUP FITNESS CLASSES

Pilates • Triad Calisthenics • HIIT • RunFit • DanceFit • LIFT • Abs Expresss

Single class	R130.00
5 session package – valid for 8 weeks	R540.00
2x a week – month to month	R730.00
3x a week – month to month	R945.00
Unlimited – month to month	R1060.00

RECOVERY SERVICES

MASSAGES

Sports massage • Air compression therapy • Deep tissue massage

30-minute massage	R425.00
5 session package – valid for 8 weeks	R1,800.00
1 hour session	R800.00