

Drop In/Orientation	R160.00
5 Class Monthly Package	R630.00
8 Class Monthly Package	R950.00
12 Class Monthly Package	R1150.00

<b>Handstands</b>	<b>Total Cost</b>
Drop In	R140.00
4 Class Monthly Package	R500.00
8 Class Monthly Package	R800.00

<b>Contact &amp; Acrobatics</b>	<b>Total Cost</b>
Drop In	R100.00
Monthly Unlimited	R499.00
Contact & Handstands Package	R700.00

<b>Pole Fitness</b>	<b>Total Cost</b>
Drop In	R120.00
4 Class Package	R380.00
8 Class Package	R550.00

<b>Unlimited Classes</b>	<b>Total Cost</b>
Aerial, Pole, Contact, Handstands, Acrobatics.	R2000.00

<b>Sirkids</b>	<b>Total Cost</b>
Drop In	R160.00
4 Class Monthly Package	R500.00

<b>Training Programme</b>	<b>Total Cost</b>
Training Programme Only	R2000.00
Training Programme + Aerial Classes	R2500.00

<b>Private Classes</b>	<b>Total Cost</b>
1 Class (client paying to Art of Synergy)	R400.00
1 Class (client paying directly to individual instructor)	R340.00
8 Class Monthly Package (client paying directly to individual instructor)	R2400.00

<b>Stretch Class</b>	<b>Total Cost</b>
Drop In	R50.00



# Art OF SYNERGY

[www.artofsynergy.co.za](http://www.artofsynergy.co.za)  
[info@artofsynergy.co.za](mailto:info@artofsynergy.co.za)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17:30-18:30 Stretch	10:00-11:00 All Levels Aerial	10:00-11:00 Handstands (All Level)	10:00-11:00 All Levels Aerial	17:00-19:00 Open Training	08:00-09:00 Handstands (All Level)
18:30-19:30 Contact	18:00-19:00 Pole Fitness	18:00-19:00 Pole Fitness	18:30-19:30 Beginner Aerial		09:00-10:00 Contact
18:30-19:30 Beginner Aerial	18:30-19:30 Beginner Aerial	18:30-19:30 Acrobatics			10:00-11:00 Sirkids
19:30-20:30 Advanced Aerial		19:30-20:30 Advanced Aerial			11:00-12:00 Sirkids