

David Britz Biokineticist 2025 Fees & Session Packages

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| 1-on-1 Sessions | In-Person Group Training Sessions | Virtual Group Exercise Class |
| Individual exercise programs performed 1-on-1. | Individual exercise programs performed in a group setting of 2-3 people. | Group Exercise for all fitness levels. |
| Duration: 45-60 minutes | Duration: 45-60 minutes | Duration: 30-40 minutes |
| Rates Per Session | | |
| Initial Assessment: R725.00 Follow up sessions: R615.00 | Group Session: R255.00 | |
| Package Options | | |
| 1-on-1 Sessions | In-Person Group Sessions/ Virtual Group Exercise Class | |
| 4 sessions = R2,280.00 (R570.00 per session) | 4 sessions = R880.00 (R220.00 per session) | |
| 8 sessions = 3,680.00 (R460.00 per session) | 8 sessions = R1,640.00 (R205.00 per session) | |
| 12 sessions = 4,980.00 (R415.00 per session) | 12 sessions = R2,340.00 (R195.00 per session) | |
| Terms & Conditions | | |
| <div>1. Session packages are paid upfront and in full, no exceptions.</div> <div>2. Session packages have a 12 week usage period, commencing on the payment date.</div> <div>3. Should it not be possible to make use of all the sessions within the 12 week usage period, the remaining sessions will be forfeited.<div>a. Should this be due to illness or travel (planned or unplanned), the cancelled session/s must be rescheduled during the 12 week usage period or the session is forfeited.</div></div> <div>4. David Britz Biokineticist has a 24 hour cancellation policy. Failure to give notice, cancel or reschedule a session less than 24 hours before the session will be charged in full.</div> <div>5. Missed/ Late cancellations/ Forfeited sessions cannot be claimed from medical aid.</div> <div>6. Statements will be sent at the end of each month.</div> <div>7. Statements will only display the sessions attended in a given month to be claimed from medical aid.</div> | | |