

CORE CONCEPTS

balance. simple but significant.

NEW MEMBERSHIPS & PRICING

OPTION	REFORMER CORE COLLECTIVE Reformer · Mat · Yoga	MAT COLLECTIVE Mat · Yoga
DROP-IN		
Single class	R375	R250
PACKAGES		
5 classes valid 2 months	R330 / class R1,650 total	R230 / class R1,150 total
10 classes valid 3 months	R295 / class R2,950 total	R220 / class R2,200 total
SUBSCRIPTIONS (BILLED MONTHLY)		
5 classes / month 6-month subscription	R280 / class R1,400 / month	R190 / class R950 / month
5 classes / month 12-month subscription	R260 / class R1,300 / month	R185 / class R925 / month
10 classes / month 6-month subscription	R260 / class R2,600 / month	R185 / class R1,850 / month
10 classes / month 12-month subscription	R240 / class R2,400 / month	R180 / class R1,800 / month
YOUNG ADULTS (UNDER 30)		
Single class	R330	R195
5 classes valid 2 months	R300 / class R1,500 total	R180 / class R900 total
10 classes valid 3 months	R270 / class R2,700 total	R165 / class R1,650 total

Per-class rate is shown large; the total is below it. Subscription per-class assumes full monthly use. **10 classes / month · 12-month** is our best value.

CLINICAL, ONE-ON-ONE & ONLINE

ONE-ON-ONE

Private Sessions

R850 / session

4 sessions R3,000 (2 months)
8 sessions R6,000 (3 months)

TRAIN TOGETHER

Duet Session

R650 pp

R1,300 per session
max two people · 1 hour

SIGNATURE PROGRAMME

Rehabilitation Programme

R4,000

6–8 week programme
4 private + 3 mat classes + 30-day library

ONLINE

Core Concepts Library

R450 / 30 days

Movement sequences & guided sessions — unlimited, upfront, no contract.

Existing Core Concepts members — select your price option using your Oktiv App

New Core Concepts members — visit the Core Concepts website at the link below and subscribe

[VISIT THE WEBSITE](#)[OKTIV APP](#)