

WILLOW WORX

Modderfontein Fitness Classes

Let's embrace life
again & get moving!

2021 Program

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Rebounding	TBA	8:30am	TBA	8:30am	8:30am
Rebounding	5:00pm	5:00pm	5:00pm	5:00pm	-

Bookings are essential!



Level 3 regulations:

- to wear your mask when you come to and leave Willow Worx
- a mask is not required while exercising (vigorously)
- there will be a sanitizer station at the door
- equipment is sanitized before and after sessions



Contact us to book your spot on 082 920 5745.

Address: Thornhill Estate, Modderfontein.

NEW Pricing:

Single session R75

Packages:

4 Classes R240

8 Classes R400



T's & C's apply for packages