

Studio at 14 Brownlow Road, Tamboerskloof
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Workout sessions

Andre Oelofse Integrated Movement Training



FAST & ALERT

Faster integrated movement classes
(boxing, adventure and tai chi fitness)
for speed and agility

Tuesdays 17h30-18h45



SLOW & STRONG

Slower integrated movement classes
(stretching, pilates and tai chi
chuan) for conditioning, fluidity and
better posture

Thursdays 18h00-19h15

*R100 per class (R120 drop in) - booking essential -
small groups only*