

Flab2Flab - membership options  
 1-on-1 mobile WB-EMS Training

Membership options

option 1      option 2      option 3      option 4      option 5

**Individuals: 12 month membership: 1-on-1 mobile WB-EMS Training**

session per week	1	2	3	4	5
sessions per month	4	8	12	16	20
sessions per annum	48	96	144	192	240
number of moves per membership	4	4	4	4	4
mobile - off peak	500.00	500.00	500.00	500.00	500.00
mobile - peak	750.00	750.00	750.00	750.00	750.00
cost per month - off peak / 09h00 - 15h00	2 000.00	4 000.00	6 000.00	8 000.00	10 000.00
cost per month - peak / 05h00 - 08h00 / 16h00 - 21h00	3 000.00	6 000.00	9 000.00	12 000.00	15 000.00
12-month cost - off peak / 09h00 - 15h00	24 000.00	48 000.00	72 000.00	96 000.00	120 000.00
12-month cost - peak / 05h00 - 08h00 / 16h00 - 21h00	36 000.00	72 000.00	108 000.00	144 000.00	180 000.00
redeemable over 13 months	YES	YES	YES	YES	YES
dedicated timeslot	YES	YES	YES	YES	YES
client payment commitment	EFT/CC/SS	EFT/CC/SS	EFT/CC/SS	EFT/CC/SS	EFT/CC/SS

**Additional costs:**

Each member will be required to buy their own under garment  
 First whole body (WB) assessment inner/outer measurements  
 Monthly whole body assessment inner/outer measurements  
 Quarterly assessments  
 Flab2Fab voucher - 10 EMS sessions anytime /1xWB assessment  
 Flab2Fab make-over voucher - 20 EMS sessions anytime /1xWB assessment  
 Flab2Fab voucher - 1 EMS session anytime / 1xWB assessment  
 Dietician custom eating plans / medical Assessments

R 850	<b>Flab2Fab voucher options</b>
Free	Payable in advance/no refunds
R 500	Training is available anytime 5am to 21h00
Free	Training is available at home or office - <b>we come 2 U</b>
R6, 500	redeemable over 12 months/no dedicated time slot
R13, 000	redeemable over 10 weeks/no dedicated time slot
R 750	redeemable over 12 months/no dedicated time slot
Pay direct	

**Individuals: 6 month membership: 1-on-1 mobile WB-EMS Training**

session per week	1	2	3	4	5
sessions per month	4	8	12	16	20
sessions per annum	0	0	0	0	0
number of moves per membership	2	2	2	2	2
mobile - off peak / 09h00 - 15h00	600.00	600.00	600.00	600.00	600.00
mobile - peak / 05h00 - 08h00 / 16h00 - 21h00	850.00	850.00	850.00	850.00	850.00
cost per month - off peak / 09h00 - 15h00	2 400.00	4 800.00	7 200.00	9 600.00	12 000.00
cost per month - peak / 05h00 - 08h00 / 16h00 - 21h00	3 400.00	6 800.00	10 200.00	13 600.00	17 000.00
6-month cost - off peak / 09h00 - 15h00	14 400.00	28 800.00	43 200.00	57 600.00	72 000.00
6-month cost - peak / 05h00 - 08h00 / 16h00 - 21h00	20 400.00	40 800.00	61 200.00	81 600.00	102 000.00
redeemable over 13 months	YES	YES	YES	YES	YES
dedicated timeslot	YES	YES	YES	YES	YES
client payment commitment	EFT/CC/SS	EFT/CC/SS	EFT/CC/SS	EFT/CC/SS	EFT/CC/SS

**Additional costs:**

Each member will be required to buy their own under garment  
 First whole body (WB) assessment inner/outer measurements  
 Monthly whole body assessment inner/outer measurements  
 Quarterly assessments  
 Flab2Fab voucher - 10 EMS sessions anytime /1xWB assessment  
 Flab2Fab make-over voucher - 20 EMS sessions anytime /1xWB assessment  
 Flab2Fab voucher - 1 EMS session anytime / 1xWB assessment  
 Dietician custom eating plans / medical Assessments

R 850	<b>Flab2Fab voucher options</b>
Free	Payable in advance/no refunds
R 500	Training is available anytime 5am to 21h00
Free	Training is available at home or office - <b>we come 2 U</b>
R6, 500	redeemable over 12 months/no dedicated time slot
R13, 000	redeemable over 10 weeks/no dedicated time slot
R 750	redeemable over 12 months/no dedicated time slot
Pay direct	

**Individuals: 3 month memberships: 1-on-1 mobile WB-EMS Training**

session per week	1	2	3	4	5
sessions per month	4	8	12	16	20
sessions per annum	0	0	0	0	0
number of moves per membership	1	1	1	1	1
mobile - off peak / 09h00 - 15h00	700.00	700.00	700.00	700.00	700.00
mobile - peak / 05h00 - 08h00 / 16h00 - 21h00	950.00	950.00	950.00	950.00	950.00
cost per month - off peak	2 800.00	5 600.00	8 400.00	11 200.00	14 000.00
cost per month - peak	3 800.00	7 600.00	11 400.00	15 200.00	19 000.00
3-month cost - off peak / 09h00 - 15h00	8 400.00	16 800.00	25 200.00	33 600.00	42 000.00
3-month cost - peak / 05h00 - 08h00 / 16h00 - 21h00	11 400.00	22 800.00	34 200.00	45 600.00	57 000.00
redeemable over 13 months	YES	YES	YES	YES	YES
dedicated timeslot	YES	YES	YES	YES	YES
client payment commitment	EFT/CC/SS	EFT/CC/SS	EFT/CC/SS	EFT/CC/SS	EFT/CC/SS

**Additional costs:**

Each member will be required to buy their own under garment  
 First whole body (WB) assessment inner/outer measurements  
 Monthly whole body assessment inner/outer measurements  
 Quarterly assessments  
 Flab2Fab voucher - 10 EMS sessions anytime /1xWB assessment  
 Flab2Fab make-over voucher - 20 EMS sessions anytime /1xWB assessment  
 Flab2Fab voucher - 1 EMS session anytime / 1xWB assessment  
 Dietician custom eating plans / medical Assessments

R 850	<b>Flab2Fab voucher options</b>
Free	Payable in advance/no refunds
R 500	Training is available anytime 5am to 21h00
Free	Training is available at home or office - <b>we come 2 U</b>
R6, 500	redeemable over 12 months/no dedicated time slot
R13, 000	redeemable over 10 weeks/no dedicated time slot
R 750	redeemable over 12 months/no dedicated time slot
Pay direct	