



KAMONA'S CLASSES

**@5:30 AM - 1 HOUR/ SESSION
MON-SAT**

Mon – Boxing
Tue – Tabata
Wed – Circuit Training
Thur – Tabata
Fri – Boxing
Sat – Tabata -7:00am

**@ 8:30AM - 1 HOUR/ SESSION
MON-THUR & SAT**

Mon – Circuit Training
Tue – Boxing
Wed – HIIT
Thur – Boxing
Sat – Tabata – 7:00am

**EVERY WED & THURS @5:30PM
Circuit Training**


**K25 GYM MEMBERS
K30 NON-GYM MEMBERS**



**PERSONAL TRAINING (PT) FOR
RPLYC MEMBERS ONLY RATES:**

- 1 Hour/ Session – K100
- 45 minutes – K75
- 30 minutes – K50

CONTACT US :

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RPLYC GYM 