



Octiv fitness facilities

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
EASTERN CAPE					
Eastern Cape	Cross Fit / Functional Training	The Fitness Box with CrossFit Grahamstown	6701 Rautenbach Road, Grahamstown, 6139	076 996 7526	rosethornycroft@gmail.com
Eastern Cape	Pilates	PureCore Pilates Studio - Port Elizabeth	1st Floor, Medical and Dental Suites, 8th Avenue, Summerstrand, Port Elizabeth, 6001	074 473 5515	wynandfrederickduplessis34@gmail.com
Eastern Cape	Cross Fit / Functional Training	CrossFit East London	Motor City, Unit 3 Aloe Industrial Park, Bonza Bay Rd, East London, 5205	073 610 6139 / 083 375 5022	carl@crossfiteastlondon.co.za; duane@crossfiteastlondon.co.za
Eastern Cape	Cross Fit / Functional Training	CrossFit Valley Road	16 Brickmakers Kloof Rd, South End, Gqeberha, 6001	078 282 3318	jarryd@crossfitvalleyroad.co.za

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Eastern Cape	Functional Training	Edge Fitness Clubs Walmer	Moffett on Main Lifestyle Centre,Cnr Main & William Moffett, Walmer Park, PE 6000	041 008 5066	grant.austin@edgefit.club; marketing@edgefitness.co.za
Eastern Cape	Functional Training	Edge Fitness Clubs Walker Drive	Site 52 B, Cnr Walker Drive & Kabega Rd, Kamma Ridge, Gqeberha, 6025	041 008 5017	grant.austin@edgefit.club; marketing@edgefitness.co.za
Eastern Cape	Functional Training	Edge Fitness Clubs Jeffreys Bay	Shop G51 Cnr R102 & St Francis Street, Fountains Mall, Jeffreysbay 6330	042 293 1342	grant.austin@edgefit.club; marketing@edgefitness.co.za
Eastern Cape	Functional Training	Edge Fitness Clubs Gonubie	Kings Mall, Main Road, Gonubie, East London, 5257	041 008 5066	grant.austin@edgefit.club; syliva.trigg@edgefit.club; marketing@edgefitness.co.za
Eastern Cape	Functional Training	Fit & Functional Personal Training Studio	39 Beach Road, Nahoon, East London, 5241	082 851 6347	info@fitandfunctional.studio
Eastern Cape	Functional Training	Edge Fitness Clubs Beacon Bay	80 Bonza Bay Road, Beacon Bay North, East London, 5241	043 008 5029	grant.austin@edgefit.club; marketing@edgefitness.co.za

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Eastern Cape	Sports Club	Africa Padel Old Grey	2 Lenox Street, Glendinningvale, Port Elizabeth, 6001	076 118 6545	pat@africapadel.com
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FREE STATE					
Free State	Gym	Novel Wellness Centre	9 New Market Road, Groenvlei, Bloemfontein	073 631 3287	tarina260693@gmail.com
Free State	Cross Fit	CrossFit Hymn	13 GA Watermeyer Langenhoven Park, Bloemfontein 9301	072 308 9152	info.crossfithymn@gmail.com
Free State	Cross Fit	CrossFit Forged	1 Brandberg Street, Vaalpark, Sasolburg, 1947	084 842 4793	danelle@cfforged.com
Free State	Rehab	Michelle Botha Biokineticist	6 Woodland Hills Boulevard, Hillandale Hospital, Woodland Hills, Bloemfontein, 9301	083 267 7897	mbbotha@yahoo.com

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Free State	Functional Training	Tenaciti Fitness	Maluti Square, Oxford Street, Eureka, Bethlehem, 9701	076 173 8747	tenacitifitness4@gmail.com
Free State	Sports Club	Net Set Padel - Ramblers	52 Aliwal Street, Bloemfontein Central, Bloemfontein, 9301	084 848 8305	ramblers@netsetpadel.com
Free State	Sports Club	Net Set Padel Oud Studente	7 Krige Street, Brandwag, Bloemfontein, 9301	082 493 3199 / 062 877 8838	wesley@netsetpadel.com
Free State	Sports Club	Africa Padel Bloemfontein	Wild Olive, 3 Olea Drive Estate, Bloemfontein, 9301	082 545 8212	marchant@africapadel.com
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GAUTENG					
Gauteng	Cross Fit / Functional Training	Willow Way CrossFit Brooklyn	75 Totius Street, Pretoria, 0027	073 407 6227 / 072 149 5612	info@wwcf.co.za

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Gauteng	Cross Fit / Functional Training	Willow Way CrossFit Lynwood	Shop 25, Willow Way Centre, 404 Lynwood Road, Die Wilgers, Pretoria, 0041	073 407 6227 /072 149 5612	info@wwcf.co.za
Gauteng	Functional Training	The Yard Athletic	Corner of William Nicol and Leslie, Fourways, Johannesburg, 2191	084 442 0775	scott@theyardathletic.com
Gauteng	Combat Sport	MissFit Northcliff	Shop 2, 289 Beyers Naudé Dr, Blackheath, Johannesburg, 2194	071 522 4282	shanna@missfitboxing.com
Gauteng	Combat Sport	MissFit Boxing Bedfordview	16 Skeen Office Park, 16 Skeen Blvd, Bedfordview, Germiston, 2008	082 870 9748	Bronwyn@missfitboxing.com
Gauteng	Combat Sport	MissFit Meyersdal	Meyersdal Square, Michelle Ave, Randhart, Alberton, 1449	083 656 0942	christian@missfitboxing.com
Gauteng	Combat Sport	MissFit Glen Marais	Unit 1A Spur Building Glen Acres Shopping Center Cnr Monument and, Dann Rd, Glen marais, Kempton Park, 1620	083 280 3783	monique@missfitboxing.com
Gauteng	Combat Sport	MissFit Greenstone	41 Greenstone Place Greenstone Crescent Shopping Centre, Greenstone Pl, Greenstone Hill, Lethabong, 1609	083 793 2247	debbie@missfitboxing.com

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Gauteng	Combat Sport	MissFit Boxing Fourways	Cnr forest road, The Straight Ave, Fourways, 2194	071 522 4282	shanna@missfitboxing.com
Gauteng	Combat Sport	MissFit Illovo	204 Oxford Rd, Illovo, Johannesburg, 2196	083 670 6816 / 072 905 9530	deepam@missfitboxing.com; rashmika@missfitboxing.com
Gauteng	Combat Sport	MissFit Parkhurst	12 6th St, Parkhurst, Randburg, 2193	072 288 0609 / 079 890 9410	nicole@missfitboxing.com; sue@missfitboxing.com
Gauteng	Combat Sport	MissFit Benoni	144 Pretoria Rd, Rynfield, Benoni, 1514	083 280 3783	monique@missfitboxing.com
Gauteng	Combat Sport	MissFit Boxing Van Ryneveld	Ryneveld Corner, 31 Jim Fouche Rd, Pierre Van Ryneveld Park, Centurion, 0157	083 340 7940 / 083 437 3498	Gail@missfitboxing.com; estelle@missfitboxing.com
Gauteng	Cross Fit / Functional Training	6th Element CrossFit	2 Magda Rd, Highveld Techno Park, Centurion, 0169	079 497 1469	mj@6thelementcrossfit.com
Gauteng	Cross Fit / Functional Training	Road To Fitness (RTF) Strength and Conditioning	Cnr of Atterbury & Lynnwood Rd, Menlo Park, Pretoria, 0081	071 474 6523	branco@rtfservices.co.za; lorinda@rtfservices.co.za

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Gauteng	Cross Fit / Functional Training	Ghetto CrossFit	15, The Terminal Life & Style Centre, Trichardt Road & Dr. Vosloo, Bartlett, Boksburg, 1459	083 632 1115	info@ghettocrossfit.com
Gauteng	Combat Sport	EFC Gym Sandton	Sandhurst Centre, 60 Rivonia Rd, Sandton, Johannesburg, 2124	081 072 5795	ryan@efcgy.co.za
Gauteng	Cross Fit / Functional Training	CrossFit Kempton	14 Dann Rd, Kempton Park AH, Kempton Park, 1619	074 603 8309	matthew@crossfitkempton.com
Gauteng	Functional Training	CIT Performance Institute	Hatfiled Corner, 1270 Stanza Bopape St, Colbyn, Pretoria, 0083	084 442 0775 / 084 830 8217	scott@citpi.co.za
Gauteng	Cross Fit / Functional Training	CrossFit Taniwha	Glen Village North Shopping Centre Corner of Solomon Mahlangu and, Olympus Dr, Faerie Glen, Pretoria, 0081	083 254 2154	info@crossfittaniwha.com
Gauteng	Cross Fit / Functional Training / Combat Sport	Against The Grain	Hoërskool Randburg, Corner of Malibongwe Road & Rabie Street, Randburg, 2194	079 498 9231	info@atgfitness.co.za
Gauteng	Cross Fit / Functional Training	Pack Life -CrossFit Sandton	Corner 11th and Olympia Avenue, Parkmore, Sandton, 2196	067 049 0073	sean@packlife.co.za

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Gauteng	Cross Fit / Functional Training	Pack Life -CrossFit Wanderers	The Wanderers Club, 21 North Street, Illovo, Johannesburg, 2194	067 049 0073	sean@packlife.co.za
Gauteng	Cross Fit / Functional Training	CrossFit Kaboom	44 The Avenue, Norwood, Johannesburg, 2192	083 602 5220	info@crossfitkaboom.com
Gauteng	Cross Fit / Functional Training	Northcliff CrossFit	Beyers Naudé Dr &, Pendorong Rd, Blackheath, Johannesburg, 2195	081 816 1433 / 082 781 7121 / 072 191 3115	info@northcliffcrossfit.com
Gauteng	Cross Fit / Functional Training	CrossFit 360 Vida	Unit 5 Valley View Centre, cnr Campbell & Elm Street, Craigavon, Fourways, 2055	084 449 5009	darren@cf360v.com
Gauteng	Cross Fit / Functional Training	CrossFit Durabo	33 View Point Rd, Bartlett AH, Boksburg, 1459	076 935 8395 / 082 990 4124 / 079 073 8893	info@crossfitdurabo.com
Gauteng	Functional Training	Ground Zero Obstacle Park	101 Swartkoppies Street, Alberton, Johannesburg South, 1448	082 817 4907	info@groundzeropark.co.za
Gauteng	Functional Training	cRESULTS Digital Fitness Boxing	Cnr Main Road and, Posthouse St, Bryanston, Sandton, 2191	082 377 5539	alan@cresults.co.za

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Gauteng	Cross Fit/ Functional Training	CrossFit Uhuru	69 Freight Rd, Louwlaridia, Centurion, 1683	072 777 5577	members@crossfituhuru.com
Gauteng	Functional Training	Prime Functional Fitness	Rietvlei Zoo Farm, 101 Swartkoppies Road, Alberton, Johannesburg, 1739	072 104 7916 / 082 921 5504	info@primefit.co.za
Gauteng	Combat Sport	MissFit Faerie Glen	Atterbury Boulevard Shop UL02 & UL01B c/o Atterbury & Manitoba Drive, Faerie Glen, Pretoria, 0181	082 826 7749	stefanie@missfitboxing.com
Gauteng	Functional Training	Pure Fitness	Edenvale High School, Linksfield Road, Edenvale, 1609	071 4839297	SNunes@edenvalehigh.co.za
Gauteng	Gym	METALAB Gym	70 Meville Road, Illovo - Illovo Central, 8th Floor, 2196	082 800 6477	contact@jakeaxelrod.com
Gauteng	Functional Training	La Como Fitness Club	25 Heron Street, Parkhaven, Boksburg, 1465	011 979 7091 / 082 460 6683	info@la-comofitnessclub.co.za; tommy@la-comofitnessclub.co.za
Gauteng	Functional Training	NuHuman Transformation Clinic Silverlakes	4 Graham Road, In Shere Complex, Silverlakes, Pretoria, Gauteng, 0083	082 302 6286 / 066 104 7271	nicole@nuhuman.co.za

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Gauteng	Functional Training	NuHuman Transformation Clinic Brooklyn (PTY) Ltd	220 Lynnwood Rd, Brooklyn, Pretoria, 0083	082 302 6286 / 082 805 1007	nicole@nuhuman.co.za
Gauteng	Rebound	Lisa Raleigh Studios	235a Jan Smuts Avenue, Parktown North, Johannesburg, 2153	079 505 3385	admin@lisaraleigh.co.za
Gauteng	Sports Club	Fives Premier League	Randburg Sports Complex, Cnr Malibongwe & Hans Schoeman, Praegville, Randburg, 2194	073 233 2454	chase@fivespremierleague.com
Gauteng	Functional Training	NuHuman Transformation Clinic Olympus Village	Shop No: 37, Olympus Village, Olympus Dr, Olympus AH, Pretoria, 0081	082 522 5228	nicole@nuhuman.co.za; nico@nuhuman.co.za
Gauteng	Functional Training	Samson Fitness	Meadowbrook Business Estate, Jacaranda Ave, Olivedale, Randburg, 2188	079 752 3124	info@samsonfc.co.za
Gauteng	Functional Training	Fun-X-tional Fitness	120 Edison Cres, Hennopspark, Centurion, 0157	072 626 2510	leroy.saunders2@gmail.com; info@funxtonalfitness.co.za
Gauteng	Dance	Elevate Horizons	The Broads St, Mulbarton, Johannesburg, 2190	082 784 5905	anita@elevatehorizons.com

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Gauteng	Yoga/ Pilates	Koru Pilates	Weltevreden Farm, John Voster Drive, Weltevredenpark, Johannesburg, 1709	072 183 1866	info.korupilates@gmail.com
Gauteng	Cross Fit / Functional Training	4 Elements Crossfit 122 Club Street	Huddle Park Golf & Recreation, 27 Club St, Linksfield, Gauteng,	078 810 9070	4elementscrossfit@gmail.com
Gauteng	Functional Training	Train Station (Midstream)	Suite 001 Midstream Ridge Sports centre, Midstream Estates, Ekurhuleni, 1692	082 782 3836	bruce@midrand-estates.co.za
Gauteng	Functional Training	The Pit Fitness Lab	Unit 23, Blue Drop Business Park, 105 E.P. Malan St, Pomona AH, Kempton Park, 1619	083 228 6812	sonyacarrack24@gmail.com
Gauteng	Functional Training	Fit24 Gym Northview	Malibongwe Dr, Northriding, Randburg, 2162	066 285 7621 / 083 277 2821	dirk@fit24gyms.co.za; ggm@fit24gyms.co.za
Gauteng	Combat Sport	MF - Featherbrooke	Unit 51 Featherbrooke Village Centre, Ruimsig, Roodepoort, 1724	079 880 1859	merusha@missfitboxing.com
Gauteng	Gym	Mod Fitness Health and Wellness Center	Country Club, Morehill, Benoni, 1501	076 166 5173	jadecollett89@gmail.com

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Gauteng	Yoga	ISHTA School of Yoga and Health	121 Atholl Rd, Atholl, Sandton, 2196	082 789 4847	info@ishtayoga.co.za
Gauteng	Cross Fit / Functional Training	CrossFit Rise and Grind (RaG)	3 Pienaar St, Selection Park, Springs, 1559	082 928 3985	info@crossfitrag.co.za
Gauteng	Gym	F45 Waterkloof	471 Fehrsen St, Nieuw Muckleneuk, Pretoria, 0181	066 220 3488	cvandermerwe@f45training.co.za; waterkloof@f45training.co.za
Gauteng	Gym	F45 Silver Lakes	Bendeman Blvd, Silver Lakes Golf Estate, 0184	066 220 3488	cvandermerwe@f45training.co.za; waterkloof@f45training.co.za
Gauteng	Gym	The Cambridge Bryanston Estate Gym	1 Herbert Rd, Petervale, Sandton, 2191	082 256 7220	dipsjn@gmail.com
Gauteng	Gym	Crest Fitness Centre under Greenstone Crest Body Corporate	Greenstone Crest, 99 Stoneridge Dr, Greenstone Hill, Lethabong, 1609	011 615 3733	ebrahim@whitfields.co.za
Gauteng	Combat Sport	Apex Sports Academy – Boxing & Jiu Jitsu	Cnr Olympia &, 11th St, Parkmore, Sandton, 2196	083 788 2778	info@apexgym.co.za

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Gauteng	Gym	IDC Corporate Gym	19 Fredman Drive, Sandton, 2146	079 380 4086	Gym@idc.co.za
Gauteng	Functional Training	CrossFit Alberton 2.0	27 Louis Trichardt St, Alberton, 1450	011 907 0581	angie@crossfitalberton.co.za
Gauteng	Functional Training	Elevate Fitness	Soho Square, 50 Grant Ave, Norwood, Johannesburg, 2192	060 965 8028	bradtooley1@gmail.com
Gauteng	Functional Training	Africa Padel German Country Club	German Country Club, 131 Holkam Road, Paulshof, Johannesburg	072 583 0655	ruben@africapadel.com
Gauteng	Rebound	Toka Bounce Studio	14 Da Gama Avenue; Eastleigh Ridge; Edenvale	082 785 5952	tawas@global.co.za
Gauteng	Rehab	Body Innovation	330 Oklahoma Road, Faerie Glen, Pretoria	066 3056125 / 063 6554220	nicola@bodyi.co.za
Gauteng	Rehab/ Pilates	Lamberti Physiotherapy	Cambridge Medical Suites Cambridge Crossing Shopping Centre, Stone Haven Rd, Paulshof, Sandton, 2191	083 235 2858	fiona@lamberti.biz

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Gauteng	Pilates	Corescap Pilates	29 Keyes Ave, Rosebank, Johannesburg, 2196	072 9515439	bernadene.jonathan@gmail.com
Gauteng	Functional Training/ Gym	WorkoutZone	110 Edward Ave, Hennospark, Centurion, 0157	082 642 5409	meg.booyens@gmail.com
Gauteng	Sports Club	Royal Johannesburg and Kensington Golf Club	1 Fairway Ave, Linksfield North, Johannesburg, 2192	011 640 3021	ceo@royaljk.co.za
Gauteng	Functional Training	Willow Way CrossFit Centurion	270 Witch-Hazel Street Eco Boulevard Convenience Centre, Shop 22, Eco-Park Estate, Centurion, 0157	082 303 0857	daniel@wwcf.co.za
Gauteng	Gym	2.0 Strength & Fitness	3 Birt St, Raedene Estate, Johannesburg, 2192	084 470 3009	billing@2-0.co.za
Gauteng	Functional Training	Linbro Fitness Park	German Country Club, 131 Holkam Road, Paulshof, Johannesburg	064 555 4077	michelle@linbrofitnesspark.co.za
Gauteng	Rehab	Rachel Nel Biokineticist	7 Lancia Street, Wierdapark, Extension 5, Centurion	079 136 1965	rachelnelbio@webafrica.org.za

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Gauteng	Gym	Flash Fitness Centre	68 Amsterdam Dr, Olivedale, Randburg, 2188	071 409 3953	berry@flash-fitness.co.za
Gauteng	Pilates	Pure Pilates Wellness Studio	Bedford Village Shopping Centre, Cnr Nicol & Van Buuren Drive, Bedfordview, Johannesburg, Gauteng, South Africa	082 552 9587	detsikasi@yahoo.com; info@purepilateswellness.co.za
Gauteng	Cross Fit/ Functional Training	Barbell 1610	6B Engwena St, Sebenza, Edenvale, 1610	071 604 8603	chantelle@cf1610.co.za
Gauteng	Combat Sport	MissFit Boxing Studio Brooklyn	260A Florence Ribeiro Street, Brooklyn, Pretoria, Gauteng	082 415 3830 / 082 888 3200	Brooklyn@missfitboxing.com
Gauteng	Cross Fit	Greenside CrossFit at Pirates Sports Club	25 Braeside Rd, Greenside, Johannesburg, 2034	083 407 4110	chris@greensidecrossfit.co.za
Gauteng	Functional Training	Aktiv60 Fitness Center (Umthunzi Valley Gym)	24 Walton Ave, Carlswald, Midrand, 1684	061 166 2265	tyy@aktiv60.co.za
Gauteng	Combat Sport	MissFit Boxing Studio Kyalami	Shop PRIN040, Kyalami Downs Shopping Centre, Kyalami Park, 1684	082 837 7975 / 076 086 7147	kyalami@missfitboxing.com

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Gauteng	Cross Fit	CrossFit Pretoria North	390 Braam Pretorius St, Magalieskruin, Pretoria, 0150	082 562 8850 / 072 213 5408	jurgens@crossfitpretoria.com
Gauteng	Cross Fit	CrossFit Pretoria	77 Lys Street, Rietondale, Pretoria, 0084	072 213 5408	chad@crossfitpretoria.co.za
Gauteng	Functional Training	Ivory Functional Fitness	12 Worsboom Street, Weltevredenpark, Roodepoort, Gauteng, 1709	082 465 9511 /073 577 7491/ 083 381 2654	regmarkmitch@gmail.com; Krugerrohan@yahoo.com
Gauteng	Cross Fit/ Functional Training	Fitness Ex Animo (Pty) Ltd	Shop 21a, The Valley Centre, 396 Jan Smuts Ave, Craighall, Sandton, 2191	082 404 6016	admin@crossfitexanimo.co.za; bronwyn@crossfitexanimo.co.za
Gauteng	Pilates	Fit Life Studio	183 Rivonia Road, Morningside	079 923 3413	morningsidebio@gmail.com
Gauteng	Rehab	The Wellness Lab	21 Yen Street, Eldoraigue, Centurion, 0157	082 300 9758	mariamharoonbiokinetics@gmail.com; thewellnesslab14@gmail.com
Gauteng	Cross Fit	Willow Way Atterbury (Pty) Ltd	Corner of Causeway and Atterbury Road, Faerie Glen, Pretoria, 0081	076 191 8004	stephan@wwcf.co.za

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Gauteng	Combat Sport	MissFit Boxing Studio Zwartkop	Centurion Crescent Shopping Centre, Lenchen Avenue, Centurion Central, Pretoria, 0046	060 585 9391	zwartkop@missfitboxing.com
Gauteng	Sports Club	The Country Club Johannesburg Squash and Padel Centre	The Country Club Johannesburg, 1 Napier Road, Auckland Park, 2006	011 710 6491	Luyandam@ccj.co.za
Gauteng	Functional Training / Personal Training / Combat Sport	The DunGym (PTY) LTD	60 Glenwood Road, Ground Floor, The Aviary Building Lynnwood Glen, Pretoria, 0081	068 076 9993	thedungymbf@gmail.com
Gauteng	Sports Club	Africa Padel Sandton	181 Empire Place Corner, Wierda Road W, Sandhurst, Sandton, 2196	072 583 0655	nick@africapadel.com
Gauteng	Functional Training	FitRanX	Rivonia Health and Wellness Centre, Corner of 10th Avenue and Rivonia, 2196	072 346 8938	robertf69@gmail.com
Gauteng	Yoga / Pilates	Wellbean Pilates	11A Saint David Road, Elma Park, Edenvale, 1610	072 303 0848	info@wellbean.co.za
Gauteng	Dance / Yoga	Body & Mind Fitness Lynnwood Glen	Body and Mind Fitness, Shop 2, The Aviary, Lynnwood Glen, 0081	079 781 0327 / 074 356 9907	info@bodymindfitness.co.za

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Gauteng	Gym	Nuhuman Transformation Clinic Irene	Irene Village Mall Shop 95B, c/o Nellmapius Drive and Van Ryneveld Ave, Irene, 0063	064 938 0062	irene@nuhuman.co.za
Gauteng	Yoga / Pilates	Studio C Pilates	Ground Floor, North Block, Sheldon Place Office Park, Lonehill, 2191	082 372 0384	gigibussey@gmail.com
Gauteng	Pilates	Pilates Addict Studio	Bedford Square, Corner of Smith Van Der Linde Road, Bedfordview, 2007	082 879 9035	liezel@pilatesaddict.co.za
Gauteng	Sports Club	Epic Padel (Pty) Ltd	Huddle Park, Club Street, Linksfield, Johannesburg, 2192	064 014 0888	jade@epicpadel.co.za
Gauteng	Gym	Fit24gyms Rivonia	Fit24Gyms, Shop FF05, Rivonia Village Shopping Centre, Corner of Rivonia Boulevard and Mutual Drive, Rivonia, 2191	087 138 2008	christo@fit24gyms.co.za; westley@fit24gyms.co.za
Gauteng	Combat Sport	Kcombat Kickboxing Studio	Solomon Mahlangu Drive and Boardwalk Boulevard Boardwalk Office Park, Faerie Glen, Pretoria, 0127	066 204 0119 / 060 962 5721	management@kcombat.co.za
Gauteng	Sports Club	Africa Padel - Old Parks Sports Club	1 Garden Road, Randburg, Johannesburg, 2194	073 494 9298	bianca@africapadel.com

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Gauteng	Pilates	Pure Movement Pilates Studio	Stand 36/965, Corner of Francolin and Eagle , Featherbrooke, Roodepoort, 1724	079 500 8808 / 072 424 2483	kimcurrie91@gmail.com; rachel@gateaux-de-fee.co.za
Gauteng	Yoga	Movement Matters	18 Fir Drive, Northcliff, Randburg, 2115	084 454 9710	info@movementmatters.co.za
Gauteng	Pilates	Polestar Pilates	29, 7th Avenue, Parktown North, Johannesburg, 2193	076 449 8636	andrew@metafitness.global
Gauteng	Virtual / Personal Trainer	Awesome Fitness	Unit 29, Cedar Village, 110 Mount Lebanon Road, Woodmead, 2196	074 120 3767	awesomefitness2@gmail.com
Gauteng	Combat Sport	8292 Jiu Jitsu	Corner of Hobart Road and Grosvenor Road, Hobart Grove Centre, 8292 Jiu Jitsu, Bryanston, Johannesburg, 2191	083 236 1556	power.shana@gmail.com; garreth@8292.co.za
Gauteng	Gym	Huawei Fitness Centre	124 Western Service Road, Huawei Office Park, Building 3, Woodmead, Sandton, 2191	066 500 7675	bruce@flash-fitness.co.za
Gauteng	Functional Fitness	Willow Way Morning Glen	Shop 74, Morning Glen Mall, Corner Kelvin Drive and Bowling Avenue, Gallo Manor, Johannesburg, 2052	083 664 6850	claudio@willowwayfitness.co.za

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Gauteng	Combat Sport	MissFit Boxing Studio Northriding	Shop A7, Block A, Northview Shopping Centre, Corner of Olievenhout Avenue & Malibongwe Drive, Northworld, Randburg, 2188	082 465 4092	northriding@missfitboxing.com
Gauteng	Combat Sport	NBO Boxing Fitness	Corner of Dytchley Road and Woodmead Drive, Kyalami, Midrand, 1684	076 910 7293	thapelomokonyane@nboboxing.co.za
Gauteng	Gym	Soho Junction Gym	4 Poplar Avenue, Broadacres Park, Johannesburg, 2055	082 412 2590	marc@insideactive.co.za
Gauteng	Yoga	The Yoga Republic	107 Gertrude Street, Fontainebleau, Randburg, 2194	011 791 6228	Studio@theyogarepublic.co.za
Gauteng	Sports Club	Africa Padel Royal JHB	1 Fairway Avenue, Linksfield North, Johannesburg, 2192	073 840 1506	hleks@africapadel.com
Gauteng	Sports Club	Africa Padel Brooklyn	295 Melk Street, Nieuw Muckleneuk, Brooklyn, Pretoria, 0181	069 553 9650	micke@africapadel.com
Gauteng	Sports Club	Africa Padel Glenvista	Vorster Avenue, Glenvista Country Club, Glenvista, 2091	076 078 9018	dave@africapadel.com

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Gauteng	Combat Sport	Knockout Legends	Coachmans Crossing, 27 Peter Place and Lyme Park, Bryanston, Johannesburg, 2060	073 236 9323	info@knockoutlegends.co.za
Gauteng	Combat Sport	MissFit Boxing Studio Sunward Park	Kingfisher Shopping Centre, Corner of Kingfisher and Nicholson Street, Sunward Park, Boksburg, 1459	063 541 5024	john.jericevich@missfitboxing.com
Gauteng	Rehab	HealthBox	Hampton Office Park - Eastbury House, 20 Georgian Crescent East, Bryanston, Sandton, 2191	010 020 1532	Info@healthbox.site
Gauteng	CrossFit	CrossFit 152	The Buzz Shopping Centre, Nerine and Witkoppen, Douglasdale, Sandton, 2164	079 517 2995	chris@crossfit152.co.za
Gauteng	Yoga / Pilates	Shalvasana	10A Orchard Road, Orchards, Johannesburg, 2192	072 627 7995	retreatbeaut@gmail.com
Gauteng	Gym / Functional Training	F45 South Downs Centurion	Highveld Shopping Centre, 8 Logan Avenue, Highveld, Centurion, 0157	066 220 3488	cvandermerwe@f45training.co.za
Gauteng	Rebound	NuBeginnings Studio	Rustic Timber Wellness Centre, 42 Witkoppen Road, Fourways, Sandton, 2055	072 853 2741	studio@nubeg.co.za

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Gauteng	Gym	Emet Gyms	Shop 41, Blubird Shopping Centre, Corner Athol Oakland & Fort Street, Birnam, Johannesburg, 2196	074 403 1234	nic@emetgyms.com; training@emetgyms.com
Gauteng	Gym	Eagle Canyon Gym & Wellness Centre	3 Blueberry Street, Honeydew, 2196	011 801 6620	gym@echoa.co.za
Gauteng	Yoga	Hotpod Yoga Pretoria	60 Glenwood Road, Lynnwood Glen, Pretoria, 0081	071 671 9894	mischa.els@hotmail.com
Gauteng	Yoga / Pilates	Figureline Pilates	Unit 5, 15d Riley Road, Bedfordview, Johannesburg, 2007	082 587 1024	gbrink@gmail.com
Gauteng	Sports Club	Blue Island Padel Arena	Eastgate Lane Office Park, 3 Iris Road, Bedfordview, Johannesburg, 2007	082 453 7561	messichef@gmail.com; admin@blueislandpadelarena.co.za
Gauteng	CrossFit	CrossFit 360Vida	Design Quarter, Corner of William Nicol and Leslie Avenue, Magliessig, Sandton, 2067	062 687 3821	lara@360vida.com
Gauteng	CrossFit	CrossFit Rising Oak	Broadacres Shopping Centre, Cedar Road and Valley Road, Broadacres, Johannesburg, 2055	084 449 5009	darren@crossfitrisingoak.co.za

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Gauteng	CrossFit	CrossFit Urban Shack Randburg	Northview Shopping Centre, Corner of Malibongwe and Olievenhout, Northriding, Randburg, 2162	072 547 6718	jaco@usrfitness.co.za
Gauteng	Functional Training	Movement Wellness & Health	56 Platina Street Jukskei Park, Randburg, Johannesburg, 2188	081 563 3504	mdu@faatraining.co.za
Gauteng	Functional Training	Fitcube SA	Blue Drop Business Park, 105 EP Malan Road, Pomona, Kempton Park, 1618	068 834 1465	fitcubesa1@gmail.com
Gauteng	CrossFit	RTF CrossFit Krugersdorp	Central Lake Factory Park, Louis Friedman Street, Factoria, Krugersdorp, 1740	076 308 7881	wrbrits@gmail.com
Gauteng	Sports Club	10by20 Killarney Country Club	60, 5th Street Houghton, Killarney Country Club, Johannesburg, 2198	082 825 8940	jordyn@tenbytwenty.club; jordyn@premierpadel.co.za; shardi@tenbytwenty.club
Gauteng	CrossFit	CTG CrossFit	18B, Design and Decore Centre, Fourways, Johannesburg, 2194	079 311 9123	info@ctgcrossfit.co.za
Gauteng	Sports Club	10by20 Three Rivers	161 General Hertzog Street, Three Rivers, Vereeniging, 1939	083 453 8851	ahmed.tilly@gmail.com

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Gauteng	Sports Club	10by20 Lenasia	Corner Palm Street and Acorn Avenue, Lenasia, 1821	071 118 6514	mstayob24@gmail.com
Gauteng	Sports Club	Net Set Padel - Marks Park	Judith Road, Emerentia, Johannesburg, 1921	083 406 4329	wesley@netsetpadel.com; markspark@netsetpadel.com
Gauteng	Sports Club	AngloWealth Country Club	231 Wierda Road, Zwartkop, Centurion, 0157	031 566 5201	admin@shariah.co.za; secretary@anglowealth.co.za
Gauteng	Dance	Five6Seven8 Dance Studio	Shop U12a, Republic Road, Ferndale, Randburg, 2194	084 842 9295 / 011 791 5997	randburg@five6seven8.co.za
Gauteng	Sports Club	Africa Padel Dunkeld	49 Eastwood Road Dunkeld, Randburg, 2196	081 800 7569	cami@africapadel.com
Gauteng	Sports Club	Top Padel	Unit 3, Meyersdal / Alberton Action Sports, Michelle Avenue, Randhart Extension 2, Alberton, 1401	064 537 4480	info@topadel.co.za
Gauteng	Sports Club	ProPadel Craighall	33 Abercorn Avenue, Craighall Park, Randburg, 2196	076 331 8593	mphomokoena29@gmail.com

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Gauteng	Sports Club	ProPadel Greek Sporting Club	Greek Sporting Club, 7 Civin Drive, Senderwood, Johannesburg, 2000	079 786 2172	mphomokoena29@gmail.com
Gauteng	Sports Club	Indoor Padel Revolution	2 Picaroon Street, Honeydew, Johannesburg, 1725	072 366 2453	jeff@indoorpadelrevolution.com
Gauteng	Sports Club	N12 Padel	69 View Point Road, Corner View Point and Trichardt, Boksburg, 1462	060 992 2692	jesse@n12padel.co.za
Gauteng	CrossFit	CrossFit Kyalami	1 Moonriver Investment Park, River Road, Barbeque Downs, Midrand, 1684	078 296 2142	info@crossfitkyalami.co.za
Gauteng	CrossFit / Functional Training	ATG Fitness Bryanston	Hobart Grove Center, 52 Hobart Road, Bryanston, Sandton, 2191	079 899 1289	karate@atgfitness.co.za
Gauteng	Sports Club	Padel Xtreme	153 Allan Road, Glen Austin, Midrand, 1685	079 515 6068	seelan@padelxtremeza.co.za
Gauteng	Sports Club	Thrashers Menlyn Padel	241 Serene Street, Garsfontein, Pretoria, 0042	071 423 4886	padel@thrashers.co.za

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Gauteng	CrossFit / Functional Training	Pack Life Studio - Steyn City	113/114 City Centre Piazza, Steyn City, 8 Central Lane, Riverglen, Midrand, 2191	082 871 8196	info@packlife.co.za
Gauteng	Sports Club	Africa Padel Three Rivers/ Vereeniging	232 General Hertzog Road, Three Rivers, Vereeniging, 1935	073 165 5951	threerivers@africapadel.com
Gauteng	Sports Club	Africa Padel Ruimsig	29, 1 Peter Road, Two Rivers, Tres Jolie AH, Ruimsig, Roodepoort, 2040	076 078 9018	dave@africapadel.com
Gauteng	Gym	RMA Gym	10 Saint Andrews Road, Parktown, Johannesburg, 2193	071 405 0398	rmagym@aktiv60.co.za
Gauteng	Sports Club	Match Padel International SA	Cedar Square Shopping, Witkoppen Road, Fourways, Johannesburg, 2191	082 564 0868	ju@matchpadel.co.za
Gauteng	Sports Club	Africa Padel Olympus	33 Ajax Ave, Saint Olympus Drive, Olympus, Pretoria, 0081	079 421 3734	marius@africapadel.com
Gauteng	Sports Club	Virgin Active Padel Old Eds	119, 9th Avenue, Houghton Estate, Johannesburg, 2000	069 106 6712	oldeds@virginactivepadelclub.co.za

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Gauteng	Sports Club	Virgin Active Padel Ormonde	2 Vinton Road, Ormonde, Johannesburg, 2091	079 928 5838	ormonde@virginactivepadelclub.co.za
Gauteng	Sports Club	Virgin Active Padel Randpark	Randpark Golf Club, 1 Setperk Road, Randpark, Johannesburg, 2000	071 389 0471	randpark@virginactiveclub.co.za
Gauteng	Sports Club	Virgin Active Padel Groenkloof	Groenkloof Bowls Club, 50 Totius Street, Groenkloof, Pretoria, 0081	084 510 6017	groenkloof@virginactiveclub.co.za
Gauteng	Sports Club	Balwin Padel	0A Klipriver Road, Mulbarton, Johannesburg, 2053	082 705 4006	mieke@balwinpadel.co.za
Gauteng	Sports Club	Crystal Padel	162 Beyers Naude Drive, Northcliff, Randburg, 2195	084 627 4001	info@crystalpadel.co.za
Gauteng	CrossFit / Functional Training	Willow Way Kempton	Shop 24, Olive Wood Livestyle Centre, 300 Grosvenor Street, Witfontein, Kempton Park, 1619	083 717 3618	marius@willowwayfitness.co.za
Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
KWA-ZULU NATAL					
Kwa-Zulu Natal	Functional Training	Fox Fitness Gym	Shongweni Club, Corner Cliffdale and, Kassier Rd, Pinetown Rural, Outer West Durban, 3610	083 778 0830	kirsty@foxfitness.co.za
Kwa-Zulu Natal	Cross Fit / Functional Training	CrossFit Shumba	11a Glen Anil St, Glen Anil, Durban North, 4051	082 544 8190	russ@crossfitshumba.co.za
Kwa-Zulu Natal	Cross Fit / Functional Training	CrossFit Ballito	WOW Park, 2 Gourly Road, park South, Dolphin Coast, 4399	081 716 5540	hello@crossfitballito.co.za
Kwa-Zulu Natal	Yoga/ Pilates	Stretch Pilates Durban North	20 Gainsborough Dr, Athlone, Durban North, 4051	031 563 0079 / 076 298 9061	jenna@stretchpilates.co.za
Kwa-Zulu Natal	Yoga/ Pilates	Stretch Pilates Hillcrest	Shop 22C, The Colony, 50 Old Main Road, Hillcrest, 3610	031 563 0079 / 076 298 9061	jenna@stretchpilates.co.za
Kwa-Zulu Natal	Functional Training	IMF High Performance Centre - Stanger	64 Manor Drive, Stanger Manor, KwaDukuza, 4450	079 013 7712	dswigz@gmail.com; dwain@imovefitness.co.za

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Kwa-Zulu Natal	Cross Fit / Functional Training	CrossFit Zulu (Club One IMF)	First Floor Linc Church, Umhlali, Tongaat, 4390	079 013 7712 / 082 471 9323	craig@imovefitness.co.za; dwain@imovefitness.co.za; info@imovefitness.co.za
Kwa-Zulu Natal	Functional Training	Fit24 Ballito	1 Ballito Dr, Ballito, Dolphin Coast, 4422	064 889 0249 / 083 277 2821	ggm@fit24gyms.co.za; rom@fit24gyms.co.za
Kwa-Zulu Natal	Yoga/ Pilates	Stretch Pilates Mount Edgecombe	14 Flanders Drive, Mount Edgecombe Country Estate 2, Mount Edgecombe, 4302	078 271 3747	courtney@stretchpilates.co.za
Kwa-Zulu Natal	Functional Training	Crossover Lifestyle	Shop ST302 90 William Campbell Drive, La Lucia, 4052	073 5704722	andy@crossoversa.co.za
Kwa-Zulu Natal	Gym	1st Fitness	459 King Dinuzulu Road (Berea Road) Bulwer, Berea, 4001	064 889 0249 / 031 262 0700	gm@1stfitness.co.za
Kwa-Zulu Natal	Functional Training	FITPOD @ The Studios	Lifestyle Centre, Dolphin Coast, 4420	082 788 8840	fitpod@ballitolifestylecentre.co.za
Kwa-Zulu Natal	Gym	Maxim Fitness	17 on Club Road, Mzingazi Golf Estate, Meerensee, 3901	071 277 4997	info@maximfitness.co.za

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Kwa-Zulu Natal	Virtual	ChristyAnn.fit	ChristyAnn.fit, 12 Balcomb Avenue, Zini River Estate, Mtunzini, 3867	076 183 4243	info@christyann.fit
Kwa-Zulu Natal	Pilates/ Yoga	Emerge Wellness	Glenashley Views, 36 Newport Avenue, Glenashley	083 600 1055	kelly@emergewellness.co.za
Kwa-Zulu Natal	Gym	The Workout Warehouse	38 Main Street, Howick, KZN	071 504 3101	hmtraining@outlook.com
Kwa-Zulu Natal	Pilates / Rebound	Maud Motion	Unit 6, Hilton Business Park, 6a Quarry Road, Hilton, 3201	082 791 3489	angela@maudmotion.com
Kwa-Zulu Natal	Sports Club	Africa Padel - Salt Rock	38 Basil Hulett Drive, Salt Rock, Durban, 4420	031 065 0417	heidi@africapadel.com
Kwa-Zulu Natal	Sports Club	Africa Padel - Kloof Country Club	26 Victory Road, Kloof, Durban, 3610	031 065 0425	rod@africapadel.com

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Kwa-Zulu Natal	Gym	Fit24gyms Oceans	Shop 11, The Oceans Mall, Lagoon Drive, Umhlanga, Durban, 4001	031 940 1188	christo@fit24gyms.co.za; westley@fit24gyms.co.za
Kwa-Zulu Natal	Gym	Durban North GetFit Studio	54 Adelaide Tambo Drive, Durban North, 4051	063 310 5775	admin.durbannorth@fit24gyms.co.za
Kwa-Zulu Natal	Gym	Sixty's Boutique Movement Studio	Shop 11, Saint John's Lifestyle Centre, 1 Karkloof Road, Howick, 3290	079 013 7712	sixtys369@gmail.com
Kwa-Zulu Natal	Gym	CafeGym Extreme Town Square	Shop 7, Town Square Mall, Richards Bay Central, Richards Bay, 3900	064 541 0674	Admin@cafegym.co.za
Kwa-Zulu Natal	Gym	Infinity Fitness	Athlone Circle, 1 Montgomery Road, Athlone, Pietermaritzburg, 3201	033 332 0939	shakeel@infinityfit.co.za
Kwa-Zulu Natal	Gym	Prime Human Performance Institute	Shop 2 & 3 Moses Mabhida Stadium, 44 Isaiah Ntshangase Road, Durban, 4001	031 940 5556	info@primehp.co.za

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Kwa-Zulu Natal	Sports Club	Padel Ace Chiltern Park	Chiltern Park, Pitlochry Road, Westville, Durban, 3629	083 657 8677 / 083 218 8347	imoolla081@gmail.com; padel@padelace.co.za
Kwa-Zulu Natal	Sports Club	The Padel Zone	1 Dartnell Road, Mountain Rise, Pietermaritzburg, 3201	083 554 7861	ressa@htmill.com
Kwa-Zulu Natal	Sports Club	Wi Padel Sherwood	860 King Cetshwayo Highway, Sherwood, Durban, 4091	083 887 7709	admin@wipadelsa.co.za
Kwa-Zulu Natal	Gym	GetFit Fitness Centre	20 Buckingham Terrace, Westville, Durban, 3629	031 266 0327	westville@getfitchallenge.co.za
KwaZulu-Natal	Sports Club	Karibu Padel	Karibu Farm, 140 Sameja Drive, Dunkirk, Salt Rock, 4390	083 793 8898	dean@conceptfloors.co.za
KwaZulu-Natal	Sports Club	Padel Power SA	Maritzburg Golf Club, 3201 New England Road, Pietermaritzburg, 3201	067 301 5720	play@padelpower.co.za

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Kwazulu Natal	Sports Club	Eden Padel by Padel Pros	Eden Village Preparatory, Fox Hill Road, Salt Rock, Ballito, 4390	066 476 9932	info@padel-pros.co.za
Kwazulu Natal	Sports Club	Dream Padel	15 Edgecombe Mill, 32 Marshall Drive, Mount Edgecombe, Durban, 4023	071 648 9610	theo@tmskpi.com
Kwazulu Natal	Sports Club	Mount Edgecombe Country Club	Gate 2, Mount Edgecombe Country Club, 1 Golf Course Drive, Mount Edgecombe, Durban, 4031	031 539 5330	clubreception@mountededgecombe.com
Kwazulu Natal	Sports Club	Padel PMB	61 Umdoni Way, Victoria Country Club Estate, Pietermaritzburg, 3201	082 786 3243	ebrahimkajee@gmail.com
Kwazulu Natal	Sports Club	Africa Padel La Lucia	90 William Campbell Drive, La Lucia, uMhlanga, 4051	031 943 1679	ross@africapadel.com
Kwazulu Natal	Sports Club	Africa Padel Ballito	3601 Douglas Crowe Drive, Ballito, Dolphin Coast, 4420	072 809 0803	shelby@africapadel.com

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Kwazulu Natal	Sports Club	Virgin Active Padel Gateway	Entrance 8, Gateway Theatre Shopping Centre, 1 Palm Boulevard, umhlanga Ridge, 3000	079 901 3942	gateway@virginactivepadelclub.co.za
Kwazulu Natal	Sports Club	Zimbali Oasis Padel Court	Zimbali Oasis Shopping Centre, 627 Zimbali Estate, Ballito, 4319	068 223 3765	info@zimbali oasis.co.za
Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
LIMPOPO					
Limpopo	Functional Training	Junkies4Fitness	Janssens Street, Phalaborwa, 1390	079 495 7537	wayne@junkies4fitness.co.za
Limpopo	Rehab	Xtreme Health and Fitness Centre	46 Sealene Road, Phalaborwa, 1390	072 771 1527	xhcentre@gmail.com
Limpopo	Sports Club	534 Home Of Padel Polokwane	157 Orpen Road, Ivydale, Polokwane, 0070	062 877 8838	ashraf.dada@gmail.com

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
NORTH WEST					
North West	Cross Fit / Functional Training	CrossFit Ground Zero	R53 Parys Road Kleinplaas Industrial, Grimbeeck Park, Potchefstroom, 2531	079 074 5761	ryno@blackopsfitness.co.za
North West	Cross Fit / Functional Training	CrossFit Black Ops	10 Spruit Street, Potchefstroom, 2531	082 872 4362	bronwen@blackopsfitness.co.za
North West	Gym	PT-Studio	266A Byers Naude Drive, Rustenburg, 0299	083 355 0792	marita.vanrensburg@gmail.com
North West	CrossFit	CrossFit Bounty	319A, Tigerfish Avenue, Waterval East, Rustenburg, 2999	082 694 6556	jakkiehoman@gmail.com
North West	Pilates / Rehab	Reikiworx Pilates & Rehab Centre	Plot 415 Portion 305JQ, Waterkloof, Rustenburg, 0299	082 326 4720	shervh@polka.co.za

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
North West	Sports Club	Padel Park Hartbeespoort	Padel Park Hartbeespoort, Doxa Deo Xanadu, Kubla Khan Xanadu, Hartbeespoort, 0216	083 727 9034	info@padelparksa.co.za
Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
MPUMALANGA					
Mpumalanga	Functional Training	The Fitness Studio White River	46 Kiaat Road, Kingsview, White River, Mpumalanga, 1240	074 352 8144	shonah@thefitnessstudio.co.za
Mpumalanga	Functional Training	Body Beasts Gym	39A Voortrekker St, Spar Complex, Lydenburg, Mpumalanga, 1120	064 652 9245	chris@verseker.co.za
Mpumalanga	Cross Fit	CrossFit Artaxes (Xgrit)	HTS Middelburg, Cnr of Samora Machel and Zuid Street, Middelburg, Mpumalanga	084 580 8164	info@crossfitartaxes.co.za
Mpumalanga	Cross Fit	CrossFit BarWolf	CrossFit BarWolf, Shop 311, Greenpoint Centre, Klipfontein, Witbank, 1034	079 893 9337	juanjcbs@gmail.com

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Mpumalanga	Rehab / Gym	Reino Muller Biokineticist Incorporated & Errie Gym	5 Nicol Street, Secunda, 2302	084 767 7800 / 071 445 6531	reinomullerbioinc@gmail.com
Mpumalanga	Sports Club	Net Set Padel - White River	Pine Lake Drive, White River, Nelspruit, 1240	078 218 2511	whiteriver@netsetpadel.com
Mpumalanga	Sports Club	Riverview Padel	1 Alder Avenue, Die Heuwel, Extension 4, Witbank, 1035	078 507 1527	riverviewpadel@gmail.com
Mpumalanga	CrossFit / Functional Training	Willow Way Middelburg	10B Samora Machel, Groenkol, Middelburg, 1050	082 809 1406	lafras@willowwayfitness.co.za
Mpumalanga	Sports Club	Play 360 Nelspruit	1692 Hermansburg Road, Stonehenge 310-Jt, Nelspruit, 1207	071 674 7188	annerimaritz@gmail.com
Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
WESTERN CAPE					

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Western Cape	Yoga	House of Yoga	43 Heather St, Claremont, Cape Town, 7708	079 758 0649	hello@houseofyoga.co.za
Western Cape	Crossfit/ Functional Training	CrossFit Knysna	23 Fitchat Street, Rexford, Knysna, 6571	084 205 6930	theclubknysna@gmail.com
Western Cape	Functional Training	FitBox Durbanville	39 Church St, Durbanville, Cape Town, 7550	084 660 9334	admin@fitboxdurbanville.co.za
Western Cape	Cross Fit / Functional Training	CrossFit Hout Bay	140 Main Road, Scott Estate, Cape Town, 7806	083 233 2840	josh@crossfithoutbay.co.za
Western Cape	Functional Training	FitBox Durbell	Welgemoed Primary, Jip De Jager Dr, Welgemoed, Cape Town, 7530	078 621 7812	garth@fitboxdurbell.co.za
Western Cape	Cross Fit / Functional Training	Diep River CrossFit	Vagabond Business Park, 10-12 Estmil Rd, Diep River, Cape Town, 7800	079 718 6304 / 084 223 8279	info@dieprivercrossfit.co.za
Western Cape	Cross Fit / Functional Training	CrossFit Plett	CrossFit Plett, Shop DU 08, Upper Level, The Market Square Shopping Center, Beacon Way, Plettenberg Bay, 6600	044 533 0155	members@crossfitplett.com

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Western Cape	Combat Sport	MissFit Boxing Tygervalley	Unit 0/10 6-8, High St, Rosenpark, Cape Town, 7530	083 359 4434	lizelle@missfitboxing.com
Western Cape	Cross Fit / Functional Training	CrossFit Impi	101 Garfield Rd, Claremont, Cape Town, 7708	083 633 2160/ 083 760 6902	info@crossfitimpi.com
Western Cape	Functional Training	Eden Fitness	5 Lofty Nel Street, Voorbay, Mossel Bay, Western Cape, 6520	083 777 3127	rubenburger31@gmail.com
Western Cape	Functional Training	Roark Gym	47 De Villiers St, Zonnebloem, Cape Town, 8000	072 340 2081	frik@roarkgyms.com
Western Cape	Yoga/Pilates	Core Concepts	9 Somerset Crescent, Wellyway Park, Durbanville, Cape Town, 7550	021 975 2318	info@coreconceptspilates.co.za
Western Cape	Cross Fit / Functional Training	CrossFit False Bay	1 Futura Park, Corner Of Celie Road & Bark Street, Southern Suburbs, Cape Town, 7945	021 701 5267	nico@crossfitfalsebay.co.za
Western Cape	Cross Fit / Functional Training	Cape CrossFit Gardens	2 Roodehek St, Gardens, Cape Town, 8001	021 461 0243	sasha@capecrossfit.com

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Western Cape	Cross Fit / Functional Training	Cape CrossFit Southern Suburbs	44 Main Rd, Claremont, Cape Town, 7708	021 461 0243	sasha@capecrossfit.com
Western Cape	Cross Fit / Functional Training	Cape Crossfit Century City	CrossFit, 6a Edison Way, Century City, Cape Town, 7446	021 461 0243	sasha@capecrossfit.com
Western Cape	Functional Training	FitLife The Yard	Val de Vie, Paarl, 7624	082 908 6007	theyard@fitlifetraining.co.za
Western Cape	Functional Training	FitLife Paarl	Corner of Concordia and Alleman Street, Southern Paarl, 7624	076 577 4209	paarl@fitlifetraining.co.za
Western Cape	Yoga/Pilates	Life Retreat Studio	Lourensford Wine Estate, Lourensford Rd, Somerset West, 7130	082 792 9771	monique.boucher92@gmail.com
Western Cape	Cross Fit	The Bloc	Unit 1 Eclipse Park, Village Walk, Parklands, 7441	083 680 8288	matt@thebloc.co.za
Western Cape	Cross Fit	CrossFit Blue Sky	Corner of De Bron & Fairtree Roads, Brackenfell, Cape Town, 7561	021 982 5863	charl@cfbluesky.co.za

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Western Cape	Cross Fit	CrossFit Fuel Your Fire	22 Longship Drive, Plettenberg Bay, 6600	083 415 5558	info@fuelyourfire.co.za
Western Cape	Functional Training / Rehab	Van Velden Biokinetics	Cnr. Allof Dve & Marsh St, Mossel Bay,6506	044 004 0306	elsabiokinetika@gmail.com
Western Cape	Yoga/Pilates	Studio2Pilates	90 Durban Rd, Mowbray, Cape Town, 7700	087 701 6549	info@pilatescape.co.za
Western Cape	Cross Fit	CrossFit George	102c, 72 York St, George Central, George, 6530	044 873 2134	info@crossfitgeorge.co.za
Western Cape	Combat and Boxing	MissFit Boxing Studios Stellenbosch	Shop AW06, Andringa Street, Eikestad Centre, Stellenbosch, 7600	084 083 0891	nelrike@missfitboxing.com
Western Cape	Functional Training	FitLife Wellington	1E Lady Blake Industrial Park, Lady Loch Rd, Wellington, 7655	072 445 2003	wellington@fitlifetraining.co.za
Western Cape	Functional Training	Stellenbosch University Maties Gymnasium (Stellenbosch Campus Gym)	49 Victoria Street, Stellenbosch, Cape Town, 7602	021 808 9107	francoiskotze@sun.ac.za

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Western Cape	Functional Training	Stellenbosch University Maties Gymnasium Tygerberg (Medical Campus)	Francie van Zijl Drive Tygerberg , Cape Town,7505	021 808 9107	francoiskotze@sun.ac.za
Western Cape	Functional Training	SACSFIT	72 Long St, Piketberg, 7320	076 768 5574 / 078 207 3938	sacssfit@gmail.com
Western Cape	Functional Training	Outsiders	Cnr Main & Strand Street Plettenberg Bay, 6600	071 475 6955	outsidersplett@gmail.com
Western Cape	Functional Training	Body Intrinzix	710 Lake road, Wilderness,6560	082 054 4530	Rae.mobilegym@gmail.com
Western Cape	Cross Fit / Functional Training	Cape CrossFit (7130)	2 Dynagel Rd, Firgrove Rural, Cape Town, 7110	079 509 9355/ 071 962 5435	chris@capecrossfit.com
Western Cape	Gym	F45 Kloof	10 Kloof St, Gardens, Cape Town, 8001	066 220 3488	cvandermerwe@f45training.co.za; waterkloof@f45training.co.za
Western Cape	Functional Training	Bodyweight Fitness Crew	10 Durban Dr, Helena Heights, Cape Town, 7130	082 322 7085	infobodyweightfitnesscrew@gmail.com

Province	Type of Facility	Facility Name	Physical Address	Contact Number	Email Address
Western Cape	Rehab	Alwyn Mulder Biokineticist	47 Aura Aesta, Kamassie Street, Hartenbos, 6520	044 695 2537	gagmulder@gmail.com
Western Cape	Yoga/ Pilates	The Body Space	44 Lesueur Ave, Platteklouf Glen, Cape Town, 7460	082 673 9291	info@thebodyspace.co.za
Western Cape	Functional Training / Rehab	Ready Room	Ready Room, Shop F13, Willowbridge Shopping Centre, 39 Carl Cronje Drive, Tygervalley, 7530	083 308 9641	stacey.jacobs@readyroom.co.za
Western Cape	Sports Club	Africa Padel Camps Bay	Camps Bay Tennis Club/The Rotunda at The Bay Hotel, 2 The Drive, Camps Bay, Cape Town	076 489 7323	elizna@africapadel.com
Western Cape	Rehab	Suné Smit Biokineticist	28 Clyde St, Oakdale, Cape Town, 7530	083 7117352	sunesmit.bio@gmail.com
Western Cape	Gym	HIIVE Fitness Somerset West	16 St James St, Audas Estate, Cape Town, 7130	074 561 0994	kelvin@hiivefitness.com
Western Cape	Pilates Studio	Mint Pilates	2A Moreson road, Valmary park, Durbanville	082 323 9269	mintpilateswellnesstudio@gmail.com

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Western Cape	Gym	Avalon Lifestyle Centre	Narvik Street, Durbanville, Cape Town, 7569	082 412 4248	flip@avalonlifestyle.co.za
Western Cape	Gym	Bella Rosa Lifestyle Centre	Bella Rosa, Bella Rosa St, Rosendal, Cape Town, 7550	082 412 4248	flip@bellarosalifestyle.co.za
Western Cape	Combat Sport	MissFit Somerset West	Shop UL012A, The Meltz Centre , 7 Urtell Cres, Somerset West	082 876 0559	kelly@missfitboxing.com
Western Cape	Functional Training	FitFreak Training	1 Corwen St, Claremont, Cape Town, 7708	072 861 7793	Admin@fitfreaktraining.co.za
Western Cape	Personal Trainer / Pilates	Juli-Fitness & Nutrition Coach	40 A Main Rd, Paarl, 7646	082 534 5070	juligeldenhuys@gmail.com
Western Cape	Dance	Pole Dance Cape Town	Unit 6, Park Edge Mews, Edgmead, Cape Town; 7700	082 742 5945	chantal@pdct.co.za
Western Cape	Functional Training	Oxygen Functional Fitness	1 Moreland Terrace, Green Point, Cape Town, 8051	067 900 6752	oxygenfuncfit@gmail.com

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Western Cape	Functional Training	Clara Anna Fontein POA Gym	33 Kommetjie Rd, Fish Hoek, Cape Town, 7975	071 246 1380	connievdm@telkomsa.net
Western Cape	Outdoor swimming	Bodyboard South Africa	Clara Anna Fontein Lifestyle Estate, Vissershok Rd, Durbanville, Cape Town, 7550	084 552 2210	info@bodyboardsouthafrica.com
Western Cape	Gym / Pilates / Yoga	Ocean Edge Fitness	Cnr Main & Dido Valley Rd, Simon's Town, 7975	064 762 3635	tess@oceanedgefitness.co.za
Western Cape	Pilates	The Movement Collective	Shop 2, Quadrant Square, 31 Wilderness Road, Claremont, Cape Town	084 831 0346	hello@themovementcollective.co.za
Western Cape	Functional Training	Hustle & Heart Cycling Studio	1 Firmount Rd, Sea Point, Cape Town, 8060	082 334 7193	CindyG@hustleandheartcyclingstudio.co.za
Western Cape	Functional Training	Purpose Fit	Unit 3, Stonewood Business Park, 9 Tanzanite Crescent, Kraaifontein, 7550	082 729 6974	castlesheldon94@gmail.com
Western Cape	Combat Sport	MissFit - George East	41 Knysna Road, George East, 6529	083 359 4434	george.east@missfitboxing.com

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Western Cape	Sports Club	Africa Padel V&A Waterfront	V&A Waterfront, 1 Marina Rd, Green Point, Cape Town, 8051	076 380 2355	waterfront@africapadel.com
Western Cape	CrossFit	CrossFit Impi	8 Lytton Street, Observatory, Cape Town, 7935	083 633 2160	info@crossfitimpi.com
Western Cape	Rebound	Gobi Fitness	Corner of Akasia and 4th Street, Leone Park, George, 6529	082 770 5422	charlpearson79@gmail.com
Western Cape	Functional Training	ForeverStrong Durbell	Unit 4, 19 Pasita Street, Rosenpark, 7530	021 912 0727	foreverstrongpt@gmail.com
Western Cape	Gym	Fit on Camps Bay	89 Vicotria Road, Suit 1, Central Parade, Camps Bay, 8040	071 679 5096 / 082 468 7659	fitoncampsbay@gmail.com
Western Cape	Rehab	Durbanville Wellness Centre	6 Oudewerf Close, Durbanville, Cape Town, 7550	021 007 0007	admin@durbanvillewellness.co.za
Western Cape	Sports Club	Africa Padel - Claremont	Herschel Close, Claremont, Cape Town, 7780	076 489 7323 / 074 285 1780	elizna@africapadel.com

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Western Cape	Gym	Ideal Physique Fitness	Unit 3, Stork Street, Brackenfell, Cape Town, 7560	072 064 7183	Stephan@ipfitness.co.za; Bianca@ipfitness.co.za
Western Cape	Combat Sport	MissFit Boxing Studio Mossel Bay	Shop 85A, Langeberg Mall Shopping Centre, Mossel Bay, 6506	082 870 9748	mosselbay@missfitboxing.com
Western Cape	Gym / Combat Sport	Applied performance Nutrition cc T/A Body Elite Fitness	Memory Lane building, Corner of Andringa and Banghoek Road, Stellenbosch, 7600	082 472 5205	ingrid@bodyelite.co.za; craig@bodyelite.co.za
Western Cape	Sports Club	Epic Padel Epicentre	Inospace, 1 Milner Street, Paarden Eiland, Cape Town, 8005	060 805 0545	randall@epicpadel.co.za
Western Cape	Sports Club	Epic Padel Durbanville	Corner of Pinehurst Drive and Sirocco Drive, Durbanville, Cape Town, 7550	082 825 0366	epicpadeldurbanville@gmail.com
Western Cape	Sports Club	Epic Padel The Glen	The Glen Country Club, 3 Victoria Road, Clifton, Cape Town, 8005	083 453 8692	gavin@epicpadel.co.za
Western Cape	Virtual	The Gym Van	Cape Town	072 485 4767	fsteyn@thegymvan.co.za

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Western Cape	Sports Club	Africa Padel van der Stel	28 Du Toit Street, Stellenbosch, Cape Town, 7600	082 891 6547	martine@africapadel.com
Western Cape	Rehab	Erna Bruwer Biokineticist	Bio-Health, Abbeydale House, 4 Queen Street, Durbanville, 7550	082 410 2027	info@bio-health.co.za
Western Cape	Gym / Functional Training	F45 Stellenbosch	Plein Street, Stellenbosch Central, Stellenbosch, 7600	072 344 1645	cvandermerwe@f45training.co.za
Western Cape	Gym	threezero	Cape Quarter Shopping Centre, Dixon Street, De Waterkant, Green Point, Cape Town, 8005	021 421 1111	andrew@threezero.co.za; capequarter@threezero.co.za
Western Cape	Yoga / Pilates	Pineapple Pilates	23 Elsenham Crescent, Helena Heights, Somerset West, 7130	076 148 7816	lindsayckc@gmail.com; lesley@pineapplepilates.co.za
Western Cape	Sports Club	Africa Padel Plettenberg Bay	9 Zenon Road Poortjies, Plettenberg Bay, Bitou Local Municipality, 6600	073 830 6898	rivan@africapadel.com
Western Cape	Gym	Wynberg Boys High Gym	2 Lovers Walk, Wynberg, Cape Town, 8700	067 072 6433	jmarx@wbhs.org.za

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Western Cape	Rehab	Meyer and Felton Biokinetics	170 Buitengracht Street, Bo-Kaap, Cape Town, 8000	064 898 9924	info@biokinetics.bio
Western Cape	Functional Training	HYP Fitness & Lifestyle	HYP Fitness & Lifestyle 1 New Church Street, Cape Town City Centre, Cape Town, 8000	072 689 3375	victoria@hyp.community
Western Cape	CrossFit	Deep South CrossFit	6 Carlton Close, Sunnydale, Noordhoek, Cape Town, 7975	084 035 2489	therese@deepsouthcrossfit.co.za
Western Cape	Gym	Down Town Fitness	Unit 8, Tanzanite Mews, Pinehurst, Northern Suburb, Cape Town, 7550	084 444 8867	admin@dtfitness.co.za
Western Cape	CrossFit	CrossFit Masiphumelele	Unit 54, Heron Park 3, 10 Wildevloevlie Road, Kommetjie, Cape Town, 7975	064 724 1205	kristin@crossfitmasi.com
Western Cape	Functional Training	HS Fitness Hub	Shop 1/2, New Cumberland, 169 Beach Road, Mouille Point, Cape Town, 8005	082 496 4694	hermann@hsfitnesshub.co.za
Western Cape	Pilates / Rehab	Boost	29 Olienhout Avenue, Platteklouf, Cape Town, 7500	082 421 0594 / 0791631483	tercia@boost.co.za

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Western Cape	Sports Club	Net Set Padel - Camps Bay Regreat	7 Chilworth Road, Camps Bay, Cape Town, 8040	079 424 2322	info@netsetpadel.com
Western Cape	Sports Club	Bay Padel Tokai	Unit 11A, South Palms Centre, 33 Main Road, Retreat, Cape Town, 7945	083 320 1556	info@baypadel.co.za
Western Cape	Sports Club	Padel Ace Paarl	La Rochelle Girls High School, 19 Esterville, Paarl, 7646	071 540 2667	padel@padelace.co.za
Western Cape	Functional Training	Natural Energy Wellness	2nd Floor, 188 Beach Road, Strand North, Strand, 7139	072 986 7678	wernergaigher@gmail.com
Western Cape	Sports Club	Arturf Padel Arena	39 Industry Road, Paarden Eiland, Cape Town, 7405	064 905 7261	info@arturfarena.co.za; bookings@arturfarena.co.za
Western Cape	Pilates	Moving Arts Pilates	B40, Pinelands Business Park, 4 New Mill Street, Pinelands, 7405	082 574 3375	charmaine@movingarts.co.za
Western Cape	Sports Club	Africa Padel Plettenberg Bay	9 Zenon Road Poortjies, Plettenberg Bay, Bitou Local Municipality, 6600	073 830 6898	rivan@africapadel.com

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Western Cape	Sports Club	Telesto Padel Centre	Telesto Clay Tennis Centre, Corner of Plattner and Barkhuizen Road, Rooirivier, George, 6529	082 654 7312	jonathan@telestoclaytennis.com
Western Cape	Sports Club	Avontuur Padel	Avontuur Padel, R44, Stellenbosch Road, Somerset West, 7135	072 765 5257	padel@avontuurestate.co.za
Western Cape	Sports Club	Virgin Active Padel Lourensford	Lourensford Wine Estate, Somerset West, 8000	083 704 7088	lourenssford@virginactivepadelclub.co.za
Western Cape	Sports Club	Action Padel Century City	Fives Futbol, Century City, Cape Town, 7446	082 550 4010	kath@actionpadel.co.za
Western Cape	Sports Club	Simola Padel	Simola Golf and Country Estate, 1 Old Cape Road, Knysna, 6571	044 302 9685	padel@simola.co.za
Western Cape	Sports Club	Aura Padel Club	1 Ludel Close, Montague Gardens, Cape Town, 7441	066 265 8856	info@aurapadel.co.za