



PERFORMANCE INSTITUTE

EST 2018

AMATEUR MIXED MARTIAL ARTS

UNLIMITED
R929 p/m

STUDENTS
R745 p/m

AMATEUR MMA

Embark on a personalized journey of growth and mastery with our group sessions. Crafted to propel your skills, these sessions offer tailored guidance from our expert coaches. Get focused attention and reduced fees compared to individual sessions, all while enjoying unlimited access to group classes. Experience training excellence at CIT Performance Institute and unlock your potential.

UNLIMITED
R710 p/m

HIGH SCHOOL MMA

High School MMA classes, tailored for students ages 13–18. Led by expert coaches, these sessions are designed to elevate your skills while providing personalized guidance.

UNLIMITED
R1999 p/m

COMPLETE FIGHTER PACKAGE

Under the guidance of our seasoned professional coaches, you'll receive unparalleled attention and targeted guidance. This focused attention ensures that every aspect of your training is honed to perfection, allowing you to reach your goals swiftly and efficiently. But that's not all—our semi-private memberships offer more than just specialized sessions. You'll also enjoy unrestricted access to our diverse array of group classes. This combination of personalized coaching and group training creates a dynamic and immersive environment where you can thrive, learn, and excel.

KIDS MIXED MARTIAL ARTS

5 X A WEEK
R599 p/m

KIDDIES MMA

Immerse your child in a transformative journey of self-discovery and growth with our Kids MMA classes. Our program goes beyond mere physical training, aiming to instill invaluable life skills that will shape their character for years to come.

With coaches that have years of experience, we will develop your standup, boxing, wrestling and BJJ into one fluid skillset that works best for you.

BRAZILIAN JIU JITSU

BJJ ONLY

R999 p/m

BJJ + S&C

R1449 p/m

BJJ + MMA

R1649 p/m

BJJ + MMA +S&C

R2199 p/m

GROUP TRAINING

At CIT Performance Institute, our BJJ program, led by black belt Neil Geyser, one of South Africa's distinguished BJJ competitors, caters to practitioners of all levels, from beginners to advanced grapplers. As Pretoria's foremost BJJ school, we are dedicated to providing top-tier instruction and fostering a vibrant community. Join us on the path to mastery and discover the transformative power of Brazilian Jiu-Jitsu.

Brazilian Jiu-Jitsu is currently experiencing a surge in popularity worldwide, and rightfully so—it delivers tangible results! Apart from fostering genuine strength and incinerating calories, BJJ nurtures confidence and discipline, empowering practitioners both mentally and physically.

BOXING

3 X A WEEK

R749 p/m

UNLIMITED

R1249 p/m

UNLIMITED

R1499 p/m

1 X A WEEK

R1649 p/m

2 X A WEEK

R2199 p/m

2 X A WEEK

R2749 p/m

GROUP TRAINING

Our boxing classes are the perfect blend of high impact fitness, boxing skill work in a dynamic and fun group environment. You'll develop your boxing ability whilst getting a great work out, burning calories and building that body you want. Get in touch with us today to book your free trial and experience the CIT Boxing difference as we take your fitness to a whole new level.

BOXING AND STRENGTH & CONDITIONING

Unlimited access to our boxing and Strength and conditioning group classes. Combining Boxing and Strength and conditioning is the a brilliant way to develop all round strength and athleticism all whilst learning to box.

SEMI-PRIVATE TRAINING

Under the guidance of our seasoned professional coaches, you'll receive unparalleled attention and targeted guidance. This focused attention ensures that every aspect of your training is honed to perfection, allowing you to reach your goals swiftly and efficiently. But that's not all—our semi-private memberships offer more than just specialized sessions. You'll also enjoy unrestricted access to our diverse array of group classes. This combination of personalized coaching and group training creates a dynamic and immersive environment where you can thrive, learn, and excel.

STRENGTH & CONDITIONING

Our Strength and Conditioning program embodies our philosophy of delivering optimal results with safety and longevity in mind. Eschewing fads, we focus on proven methodologies: bodyweight, kettlebell, and barbell training. Expect improved movement, increased strength, enhanced conditioning, and the athletic physique you desire. Experience no-frills, results-oriented training at its best.

3 X A WEEK
R899 p/m

UNLIMITED
R1449 p/m

1 X A WEEK
R2099 p/m

2 X A WEEK
R2649 p/m

2 X A WEEK
R3199 p/m

GROUP TRAINING

Gain exclusive access to a diverse array of Group Training classes designed to ignite your metabolism, reduce the risk of injuries, enhance strength, and optimize your daily functionality. Our scientifically curated programs are tailored to elevate your fitness journey, ensuring you achieve peak performance both in and out of the gym.

SEMI-PRIVATE TRAINING

Unlock the ultimate package with our Group Training Membership, offering an array of exclusive benefits tailored to maximize your fitness journey:

- Semi-private training sessions, limited to a maximum of 3 individuals per session, focused on guiding you through your personalized program.
- Unlimited access to our state-of-the-art gym facilities, accompanied by a detailed copy of your individualized program for seamless workouts.

CIT PERFORMANCE INSTITUTE

JOIN US TODAY!
FREE TRIAL
SESSION

Experience the thrill of our classes with a complimentary trial session at CIT Performance Institute. Dive into any of our diverse offerings—from MMA to Brazilian Jiu-Jitsu, boxing, and more. Get a taste of our world-class facilities, expert coaching, and vibrant community. No obligations, just pure excitement and opportunity. Sign up now and discover the CIT difference!

GET IN TOUCH
CONTACT
DETAILS



INFO@CITPI.CO.ZA



(083) 655-0023



WWW.CITPI.CO.ZA