



SUSPI

www.suspi.co.za

STELLENBOSCH UNIVERSITY SPORT PERFORMANCE INSTITUTE



Card Fee & Application Fee	R 85
1 Day	R 60
1 Month	R 350
2 Months	R 680
3 Months	R 990
4 Months	R 1 280
5 Months	R 1 570
6 Months	R 1 840
7 Months	R 2 090
8 Months	R 2 330
9 Months	R 2 560
10 Months	R 2 785
12 Months	R 3 200
Sessions	
10 Sessions	R 530
Pilates/Yoga/Cycling session (1)	R 35
Pilates/Yoga/Cycling session (10)	R 270
10 Sessions Indoor Pool	R 240
Recovery	
Massages:	
30 Minutes	R 250
60 Minutes	R 320
Ice Baths and Contrast Bath:	
1 Session per person	R 40
10 Sessions per person	R 360
10 Ice Bath Sessions	R 360
1 Week Ice Bath	R 252
1 Month Ice Bath	R 1 008

Operating Hours:

Mon – Thur
05h30 – 22h00

Friday
05h30 – 21h00

Saturday
07h00 – 20h00

Sunday
10h00 – 18h00

Public Holidays
07h00 – 19h00

**Student
Discount
15%**

**Maties Club
Discount
20%**

**US Staff
Discount
20%**

**Pensioners
Discount
30%**

Discovery Vitality: Vitality members earn points for training at SUSPI gymnasium.
Remember to login at the Vitality station to earn your points.

Kindly note that SUSPI gymnasium members qualify for discounted physiotherapy rates.