



SweatBox APG Pricing

No	Training Plan	3 Months	6 Months	12 Months
1	Individual	19,999	35,999	67,999
2	Individual (Off Peak)	14,999	26,999	49,999
3	Personal Training: Boxing Kick Boxing	19,999 + Trainer Fee	35,999 + Trainer Fee	67,999 + Trainer Fee
4	CrossFit Class	29,999	54,999	99,999
5	CrossFit Class Pro	34,999	65,999	119,999

Day Pass – 999 ETB [1,499 ETB with Trainer]

Group Class Day Pass – 1,499 ETB

Boxing/Kick-Boxing Day Pass – 1,799 ETB

Kids Gymnastics Day Pass – 699 ETB

One Time Nutritional Consulting – 699 ETB

One Time Medical Consulting – 799 ETB

Sports/Clinical Massage Therapy – 999 ETB

Cupping Massage Therapy – 999 ETB

Individual Plan | Individual Off Peak (11am – 3pm)

A person that purchases this plan can use the facility on their own without a trainer. Client is still able to get assistance of a trainer upon request.

Personal Training – (includes Fat Loss, Fitness, Strength Training, Boxing, Kick Boxing)

Specific training based on your goals. We will provide you with a specific trainer based on your goals. You'll meet with one of our trainers and discuss about your goals and ambitions. 1 on 1, 2 on 1 and 3 on 1 plans are possible with a trainer. Trainer Fee varies from 800 – 1,500 ETB based on trainer, training time, number of trainees and number of sessions per week. Trainee may use the gym for personal workouts without trainer occasionally. Plan includes Weight Loss, Body Toning, Bodybuilding, Boxing, Kick Boxing, Performance Training, and Injury Rehab.

Group Class Plan – (given by Crossfit certified trainers) – House's Favorite

A group of people no more than 10 working in a class with one or more trainers. Training is provided at a specified time. Training includes HIIT (High Intensity Interval Training), Olympic Weight Lifting and Various Free weight exercises. Trainer fee is included in the price. Trainee cannot use the gym for personal workouts.

Group Class Pro Plan

This plan includes the Group Class Package with the Individual Plan

Counseling Services

Medical Counseling - Diabetic education, Family planning, Pregnancy and Post-Partum Follow up and Skin Care Counseling

Nutritional Counseling - Nutrition Assessment, Diagnosis, Intervention, Monitoring and Evaluation. Practical guidance on how to improve diet and reach goals.

Massage Therapy Services

Sport Massage Therapy – a good option if you have repetitive use injury. Sport Massage can help relieve pain, improve athletic performance, release muscle tension and increase flexibility

Clinical Massage Therapy – similar techniques to sport massage such as trigger point release for chronic pain relief, improved posture and reduction in pain.

Cupping Massage Therapy – uses negative pressure with the help of suction cups to provide pain relief and muscle tension and fascial knot release.

Reflexology – uses gentle firm pressure on different pressure points of the feet and hands. Best for people who are looking to relax. Lasts around 30 minutes.

Working Hours - Monday - Sunday -> 5am - 10pm

If you have any questions, please contact us

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