



Sessions

Morning
5.30am-7.30am
Monday,
Wednesday
Friday

Evening (Aerobics)
Monday - Thursday
6.30pm-7.30pm

Weekends and
Holidays
8.00am - 3pm

Gym Subscription Rates

Category	Monthly	Daily	Aerobics	Sauna/Steam Individual
Member	Kshs. 6,000	Kshs. 500	Kshs. 500	Kshs. 1,000
Member Couple	Kshs. 10,000	-	-	-
Non- members	Kshs. 8,000	Kshs. 700	Kshs. 600	Kshs. 1,000
Non-member couple	Kshs. 14,000	-	-	-

Contact us: +254-781-835-638 | info@mowsportsclub.go.ke

Thank you for choosing MoW Sports Club as your preferred service provider.