



Octiv fitness facilities

Province	Type of Facility	Facility Name	Physical Address	Contact Number
Eastern Cape				
Eastern Cape	Cross Fit / Functional Training	The Fitness Box with CrossFit Grahamstown	6701 Rautenbach Road, Grahamstown, 6139	076 996 7526
Province	Type of Facility	Facility Name	Physical Address	Contact Number
Gauteng				
Gauteng	Cross Fit / Functional Training	Willow Way CrossFit Brooklyn	75 Totius Street, Pretoria, 0027	073 407 6227 /072 149 5612
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
Gauteng	Functional Training	The Yard Athletic	Corner of William Nicol and Leslie, Fourways, Johannesburg, 2191	084 442 0775
Gauteng	Functional Training	Elliot Darlow Investments PTY (Ltd) T/A MissFit Northcliff	Shop 2, 289 Beyers Naudé Dr, Blackheath, Johannesburg, 2194	071 522 4282

Gauteng	Functional Training	Shapez Consulting PTY (Ltd) t/a MissFit Boxing Bedfordview	16 Skeen Office Park, 16 Skeen Blvd, Bedfordview, Germiston, 2008	082 870 9748
Gauteng	Functional Training	MF Boxing Meyersdal (PTY) Ltd T/A MissFit Meyersdal	Meyersdal Square, Michelle Ave, Randhart, Alberton, 1449	083 656 0942
Gauteng	Functional Training	M & M Fitness (PTY) Ltd T/A MissFit Glen Marais	Unit 1A Spur Building Glen Acres Shopping Center Cnr Monument and, Dann Rd, Glen marais, Kempton Park, 1620	083 280 3783
Gauteng	Functional Training	Strong Connection PTY (Ltd) T/A MissFit Greenstone	41 Greenstone Place Greenstone Crescent Shopping Centre, Greenstone Pl, Greenstone Hill, Lethabong, 1609	083 793 2247
Gauteng	Functional Training	Elliot Darlow Investments (Ltd) t/a MissFit Boxing Fourways	Cnr forest road, The Straight Ave, Fourways, 2194	071 522 4282
Gauteng	Functional Training	RashDeep PTY (Ltd) T/A MissFit Illovo	204 Oxford Rd, Illovo, Johannesburg, 2196	083 670 6816 / 072 905 9530
Gauteng	Functional Training	SN Executive Holdings PTY (Ltd) T/A MissFit Parkhurst	12 6th St, Parkhurst, Randburg, 2193	072 288 0609 / 079 890 9410
Gauteng	Functional Training	M & M Fitness (PTY) Ltd T/A MissFit Benoni	144 Pretoria Rd, Rynfield, Benoni, 1514	083 280 3783
Gauteng	Functional Training	MISS FIT E AND G (PTY) LTD t/a MissFit Boxing Van Ryneveld	RYNEVELD CORNER, 31 JIM FOUCHE RD, PIERRE VAN RYNEVELD PARK, CENTURION, 0157	083 340 7940 / 083 437 3498

Gauteng	Cross Fit / Functional Training	6th Element CrossFit	2 Magda Rd, Highveld Techno Park, Centurion, 0169	079 497 1469
Gauteng	Cross Fit / Functional Training	Road To Fitness (RTF) Strength and Conditioning	Cnr of Atterbury & Lynnwood Rd, Menlo Park, Pretoria, 0081	071 474 6523
Gauteng	Cross Fit / Functional Training	Ghetto CrossFit	15, The Terminal Life & Style Centre, Trichardt Road & Dr. Vosloo, Bartlett, Boksburg, 1459	083 632 1115
Gauteng	Cross Fit / Functional Training	Fearless Gear PTY Ltd. T/A CrossFit Copper Bull	32 Kristal Cres, Randhart, Alberton, 1449	082 222 7474
Gauteng	Fitness Boxing	EFC Gym Sandton	Sandhurst Centre, 60 Rivonia Rd, Sandton, Johannesburg, 2124	081 072 5795
Gauteng	Fitness Boxing	EFC Gym Rosebank	173 Oxford Road, The Link, Rosebank, 2196	081 072 5795
Gauteng	Cross Fit / Functional Training	CrossFit Kempton	14 Dann Rd, Kempton Park AH, Kempton Park, 1619	074 603 8309
Gauteng	Functional Training	CIT Performance Institute	Hatfiled Corner, 1270 Stanza Bopape St, Colbyn, Pretoria, 0083	084 442 0775/ 084 830 8217
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
Gauteng	Cross Fit / Functional Training	Against The Grain	Hoërskool Randburg, Corner of Malibongwe Road & Rabie Street, Randburg, 2194	079 498 9231
Gauteng	Cross Fit / Functional Training	Pack Life - CrossFit Sandton	Corner 11th and Olympia Avenue, Parkmore, Sandton, 2196	067 049 0073
Gauteng	Cross Fit / Functional Training	Pack Life - CrossFit Wanderers	The Wanderers Club, 21 North Street, Illovo, Johannesburg, 2194	067 049 0073

Gauteng	Cross Fit / Functional Training	CrossFit Kaboom	44 The Avenue, Norwood, Johannesburg, 2192	083 602 5220
Gauteng	Cross Fit / Functional Training	Northcliff CrossFit	Beyers Naudé Dr &, Pendoring Rd, Blackheath, Johannesburg, 2195	081 816 1433/ 082 781 7121/ 072 191 3115
Gauteng	Cross Fit / Functional Training	CrossFit 360 Vida	Unit 5 Valley View Centre, cnr Campbell & Elm Street, Craigavon, Fourways, 2055	084 449 5009
Gauteng	Cross Fit / Functional Training	CrossFit Durabo	33 View Point Rd, Bartlett AH, Boksburg, 1459	076 935 8395/ 082 990 4124/ 079 073 8893
Gauteng	Cross Fit / Functional Training	ReThink Fitness	1180 Wesley Road, Queenswood, Eduplex Sport, Gate 6, Pretoria, 0186	082 813 4680
Gauteng	Cross Fit / Functional Training	Bio-Fit Wellness Diagnostics	137 Edward Avenue, Hennospark, Centurion, 0157	081 013 2267
Gauteng	Functional Training/ Boot Camp	Ground Zero Obstacle Park	101 Swartkoppies Street, Alberton, Johannesburg South, 1448	082 817 4907
Gauteng	Functional Training	cRESULTS Digital Fitness Boxing	Cnr Main Road and, Posthouse St, Bryanston, Sandton, 2191	082 377 5539
Gauteng	Cross Fit / Functional Training	Motley Crew CrossFit Fourways	The Gantry, Unit C3 Corner Witkoppen and, The Straight Ave, Fourways, Johannesburg, 2191	079 899 8026
Gauteng	Cross Fit/ Functional Training	CrossFit Uhuru	69 Freight Rd, Louwlandia, Centurion, 1683	072 777 5577

Gauteng	Functional Training	Prime Functional Fitness	Rietvlei Zoo Farm, 101 Swartkoppies Road, Alberton, Johannesburg, 1739	072 104 7916 / 082 921 5504
Gauteng	Functional Training	MissFit Faerie Glen	Atterbury Boulevard Shop UL02 & UL01B c/o Atterbury & Manitoba Drive, Faerie Glen, Pretoria, 0181	082 826 7749
Gauteng	Yoga/ Pilates	PureCore Pilates Studio	2nd Floor, Grant Centre, Cnr Grant Avenue and Iris Road, Norwood, Johannesburg, 2001	079 198 1555
Gauteng	Functional Training	Twisted Cirque	Corner Serene and Keeshond Streets, Garsfontein, 0181	074 516 4650
Gauteng	Functional Training	Pure Fitness	Edenvale High School, Linksfield Road, Edenvale, 1609	071 4839297
Gauteng	Private Gym	METALAB Gym	70 Meville Road, Illovo - Illovo Central, 8th Floor, 2196	082 800 6477
Gauteng	Swimming	Royal Fins Aquatics	617 Plettenberg St, Faerie Glen, Pretoria, 0081	072 541 8809
Gauteng	Functional Training	La Como Fitness Club	25 Heron Street, Parkhaven, Boksburg, 1465	011 979 7091 / 082 460 6683
Gauteng	Functional Training	Dynamic Health	Northview Shopping Centre, Cnr Malibongwe Drive, Olievenhout Avenue, Northriding, Johannesburg, 2153	010 900 4739 / 083 776 9573

Gauteng	Functional Training	NuHuman Transformation Clinic Silverlakes	4 Graham Road, In Shere Complex, Silverlakes, Pretoria, Gauteng, 0083	082 302 6286 /066 104 7271
Gauteng	Functional Training	NuHuman Transformation Clinic Brooklyn (PTY) Ltd	220 Lynnwood Rd, Brooklyn, Pretoria, 0083	082 302 6286 / 082 805 1007
Gauteng	Functional Training	Fit24GYMS Sandton	The Raddison Blu Hotel, 10th Floor, Cnr Rivonia and Daisy Road, Sandton, 2196	066 285 7621 / 083 277 2821
Gauteng	Functional Training	Beacon Fitness Group	47 Golf Road, Three Rivers, Vereeniging, 1935	062 027 1282
Gauteng	Functional Training	Immaculate Fitness	99 Stoneridge Drive, Greenstone Hill, Lethabong, 1609	074 404 8208
Gauteng	Bounce / Rebound	Lisa Raleigh Studios	235a Jan Smuts Avenue, Parktown North, Johannesburg, 2153	079 505 3385
Gauteng	Sports Club	Fives Premier League	Randburg Sports Complex, Cnr Malibongwe & Hans Schoeman, Praegville, Randburg, 2194	073 233 2454
Gauteng	Functional Training	NuHuman Transformation Clinic Menlyn Maine	Shop 40 A+B, Menlyn Maine Central Square, 180 Amarand Ave, Waterkloof Glen, Pretoria, 0063	083 277 0889 / 082 302 6286
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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
Kwa-Zulu Natal	Cross Fit / Functional Training	CrossFit Shumba	11a Glen Anil St, Glen Anil, Durban North, 4051	082 544 8190
Kwa-Zulu Natal	Cross Fit / Functional Training	CrossFit Ballito	WOW Park, 2 Gourly Road, park South, Dolphin Coast, 4399	081 716 5540
Kwa-Zulu Natal	Cross Fit / Functional Training	Integrated BIA Pty Ltd t/a CrossFit DBN West	Unit 14 Ithala Power Centre, 21 Lanner Road, New Germany, Durban, 3610	079 496 7009
Kwa-Zulu Natal	Yoga/ Pilates	Stretch Pilates Durban North	20 Gainsborough Dr, Athlone, Durban North, 4051	031 563 0079 / 076 298 9061
Kwa-Zulu Natal	Yoga/ Pilates	Stretch Pilates Hillcrest	Shop 22C, The Colony, 50 Old Main Road, Hillcrest, 3610	031 563 0079 / 076 298 9061
Kwa-Zulu Natal	Functional Training	IMF High Performance Centre - Stanger	64 Manor Drive, Stanger Manor, KwaDukuza, 4450	079 013 7712
Kwa-Zulu Natal	Functional Training	IMF High Performance Centre - Ballito	1 Ballito Dr, Ballito, Dolphin Coast, 4422	079 013 7712
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
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Limpopo				

Limpopo	Functional Training	Junkies4Fitness	Janssens Street, Phalaborwa, 1390	079 495 7537
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North West

North West	Cross Fit / Functional Training	CrossFit Ground Zero	R53 Parys Road Kleinplaas Industrial, Grimbeeck Park, Potchefstroom, 2531	079 074 5761
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North West	Cross Fit / Functional Training	CrossFit Black Ops	10 Spruit Street, Potchefstroom, 2531	082 872 4362
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Mpumalanga

Mpumalanga	Cross Fit	CrossFit Artaxes (Xgrit)	HTS Middelburg, Cnr of Samora Machel and Zuid Street, Middelburg, Mpumalanga	084 580 8164
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Western Cape

Western Cape	Yoga Studio	House of Yoga	43 Heather St, Claremont, Cape Town, 7708	079 758 0649
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Western Cape	Cross Fit / Functional Training	CrossFit Knysna The Club	23 Fitchat Street, Rexford, Knysna, 6571	084 205 6930
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Western Cape	Functional Training	FitBox Durbanville	39 Church St, Durbanville, Cape Town, 7550	084 660 9334
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Western Cape	Cross Fit / Functional Training	CrossFit Hout Bay	140 Main Road, Scott Estate, Cape Town, 7806	083 233 2840
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Western Cape	Functional Training	FitBox Durbell	Welgemoed Primary, Jip De Jager Dr, Welgemoed, Cape Town, 7530	078 621 7812
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
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	076 612 5335 / 044 533 0155
Western Cape	Functional Training	The EJ (PTY) Ltd T/A MissFit Boxing Tygervalley	Unit 0/10 6-8, High St, Rosenpark, Cape Town, 7530	083 359 4434
Western Cape	Cross Fit / Functional Training	CrossFit Impi	101 Garfield Rd, Claremont, Cape Town, 7708	083 633 2160 / 083 760 6902
Western Cape	Functional Training	Eden Fitness	5 Lofty Nel Street, Voorbay, Mossel Bay, Western Cape, 6520	083 777 3127
Western Cape	Functional Training	Roark Gym	47 De Villiers St, Zonnebloem, Cape Town, 8000	072 340 2081
Western Cape	Yoga/Pilates	Core Concepts	9 Somerset Crescent, Wellyway Park, Durbanville, Cape Town, 7550	021 975 2318
Western Cape	Cross Fit / Functional Training	CrossFit Oudtshoorn	122 Adderley St, Oudtshoorn, 6620	081 512 3375
Western Cape	Cross Fit / Functional Training	CrossFit False Bay	1 Futura Park, Corner Of Celie Road & Bark Street, Southern Suburbs, Cape Town, 7945	083 389 2312 / 021 701 5267
Western Cape	Cross Fit / Functional Training	Cape CrossFit Gardens	2 Roodehek St, Gardens, Cape Town, 8001	021 461 0243 / 071 962 5435
Western Cape	Cross Fit / Functional Training	Cape CrossFit Southern Suburbs	44 Main Rd, Claremont, Cape Town, 7708	021 461 0243 / 071 962 5435

Western Cape	Yoga/Pilates	myUTOPIA Boutique Lifestyle Centre	The Cruise Terminal, Victoria & Alfred Waterfront, Cape Town, 8002	021 202 2271 / 079 959 4491
Western Cape	Cross Fit / Functional Training	Cape Crossfit Century City	CrossFit, 6a Edison Way, Century City, Cape Town, 7446	021 461 0243 / 071 962 5435
Western Cape	Functional Training	FitLife The Yard	Val de Vie, Paarl, 7624	082 908 6007
Western Cape	Functional Training	FitLife Paarl	Corner of Concordia and Alleman Street, Southern Paarl, 7624	076 577 4209
Western Cape	Yoga/Pilates	Life Retreat Studio	Lourensford Wine Estate, Lourensford Rd, Somerset West, 7130	082 792 9771
Western Cape	Cross Fit	The Bloc	Unit 1 Eclipse Park, Village Walk, Parklands, 7441	083 680 8288
Western Cape	Cross Fit	CrossFit Blue Sky	Corner of De Bron & Fairtree Roads, Brackenfell, Cape Town, 7561	083 273 5863 / 021 982 5863
Western Cape	Cross Fit	CrossFit Fuel Your Fire	22 Longship Drive, Plettenberg Bay, 6600	083 415 5558
Western Cape	Functional Training	Mindset Movement	Roeland St & De Villiers Street, Gardens, Cape Town, 8000	061 755 3748
Western Cape	Functional Training and Biokinetics	Van Velden Biokinetics	Cnr. Allof Dve & Marsh St, Mossel Bay, 6506	044 004 0306 / 072 435 8462
Western Cape	Yoga/Pilates	Studio2Pilates	90 Durban Rd, Mowbray, Cape Town, 7700	087 701 6549
Western Cape	CrossFit	CrossFit George	102c, 72 York St, George Central, George, 6530	044 873 2134
Western Cape	Functional Training	MissFit Boxing Studios Stellenbosch	Shop AW06, Andringa Street, Eikestad Centre, Stellenbosch, 7600	084 083 0891

Western Cape	Functional Training	Sports Science Institute of South Africa (SSISA)	Boundary Road, Newlands, Cape Town, South Africa, 7725	021 659 5600 / 073 190 5805
Western Cape	Functional Training	FitLife Wellington	1E Lady Blake Industrial Park, Lady Loch Rd, Wellington, 7655	072 445 2003



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