



Date: **25th May 2026**

Business Reference: **BFS00318**

About the Business:

Gym and Fitness Studio

Situated in the Garden Route, Western Cape, South Africa, this established gym and fitness studio presents an excellent opportunity for a fitness professional or qualified trainer looking to enter or expand within the health and wellness industry. The business operates from a well-maintained home-based facility and has developed a strong foundation built on personalised training, client support, consistency,

and a community-focused environment.

The studio offers a combination of gym-based training and Pilates classes. The current owner remains actively involved in the day-to-day operations, presenting sessions from early morning through to the afternoon, while personally conducting all Pilates classes. This hands-on approach has contributed to strong client relationships and high levels of client retention.

This gym and fitness studio is equipped with appropriate gym equipment, allowing for both structured, guided training sessions and independent workouts in a comfortable and professional setting. Its manageable size makes it particularly well-suited for an owner-operator who prefers a personal, hands-on approach to coaching and client interaction.

Operationally, the business allows for a maximum of approximately seven classes per day, with additional income generated through private one-on-one training sessions, which currently account for approximately 5–10% of total turnover. The business is mainly appointment-based, with limited drop-in clients accommodated on a fee basis. Client bookings are handled via WhatsApp or direct phone calls.

This opportunity is ideally suited to an individual passionate about health, fitness, and client engagement. There is also clear scope for future growth through expanded class offerings, additional trainers, online coaching services, or broader wellness initiatives, making it a scalable platform within the fitness industry.

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Sector: **Sales & Services**

Asking Price:

R 490,000

Monthly Profit:

R 19,147

Asset Value:

R 450,000

Stock Value:

R 0

Yearly Net Profit :

R 229,763