









To find the best
in the business

THE BRAND COLLECTIVE

2026

Stellenbosch Gymnastics

Building strength, confidence, and skill at every level

-From zero to hero-

Whether you are just starting out or aiming for excellence, we guide every gymnast with expert coaching and supportive training







What we offer

- **Competitive and Non-Competitive Artisitic Gymnastics for WAG (woman) and MAG (men)**
- **High performance coaching**
- **Adult gymnastics**
- **Homeschool gymnastics programs**
- **Gymnastics parties**
- **Parkour**

Join us today!

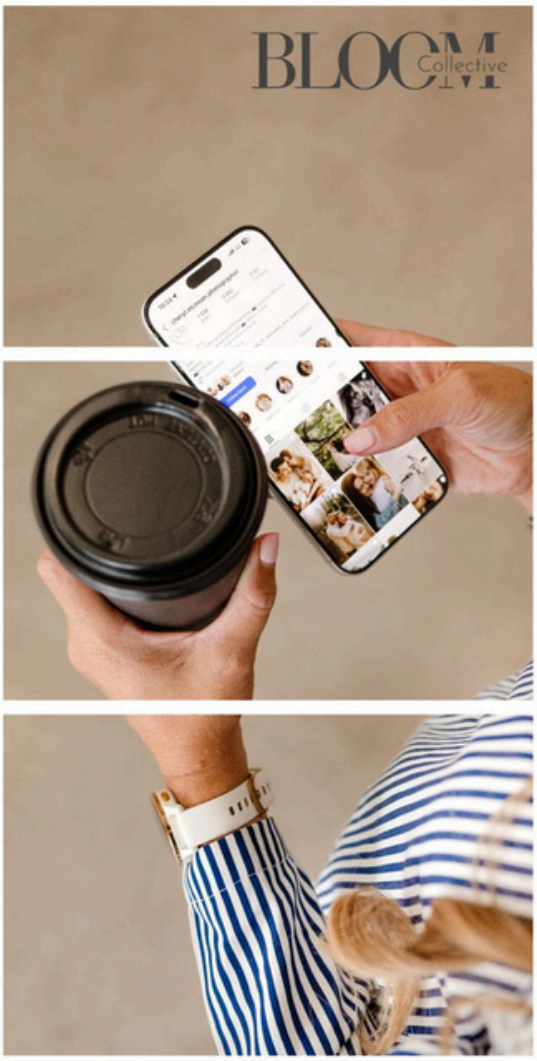
The Shed, Santa road, Spier wine farm, Stellenbosch

admin@stellenboschgymnastics.co.za

https://www.stellenboschgymnastics.co.za/

STELLENBOSCH
GIMNASTIEK • GYMNASTICS

Build a brand that **works for you** while you sleep.



Social Media Management

Design

Paid Media

Events

Website Setup & Training

Workshops

We know what it feels like to have the ideas or want to show up online, but feel stuck, unsure or don't know where to start. **Let's figure it out together.**

info@bloomcollectivesa.com | 084 423 8808

@bloomcollectivesa Bloom Collective SA

LEANÉ VAN ZIJL ART

LEANÉ VAN ZIJL

067 414 1642

info@lddynamics.co.za

leanevz_art

COMMISSION YOUR CUSTOM PIECE TODAY!

BOTANICALS









ACRYLIC ON CANVAS



PORTRAIT ILLUSTRATIONS







KIDS ILLUSTRATIONS





Weight training at Mareli Spreeth

Biokineticist

One on one or 'duo' strength session in Die Boord, Stellenbosch

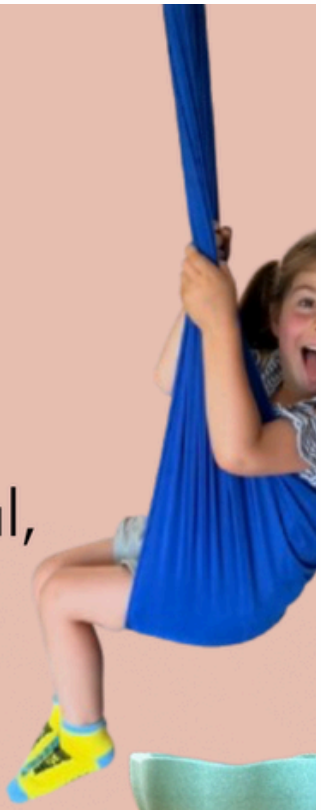


For more info please WhatsApp 0792410111



Click here

LITTLE AND LOVED



For all your gentle, developmental, and nurturing essentials...



Sensory Play
Maternity & Baby Essentials
Developmental Toys
Equipment Rental & Purchase



From a therapist and a mommy, to you





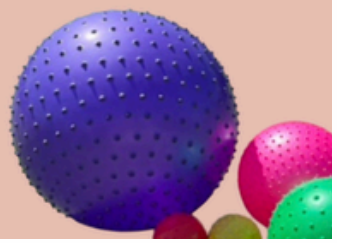




CONTACT Little & Loved:

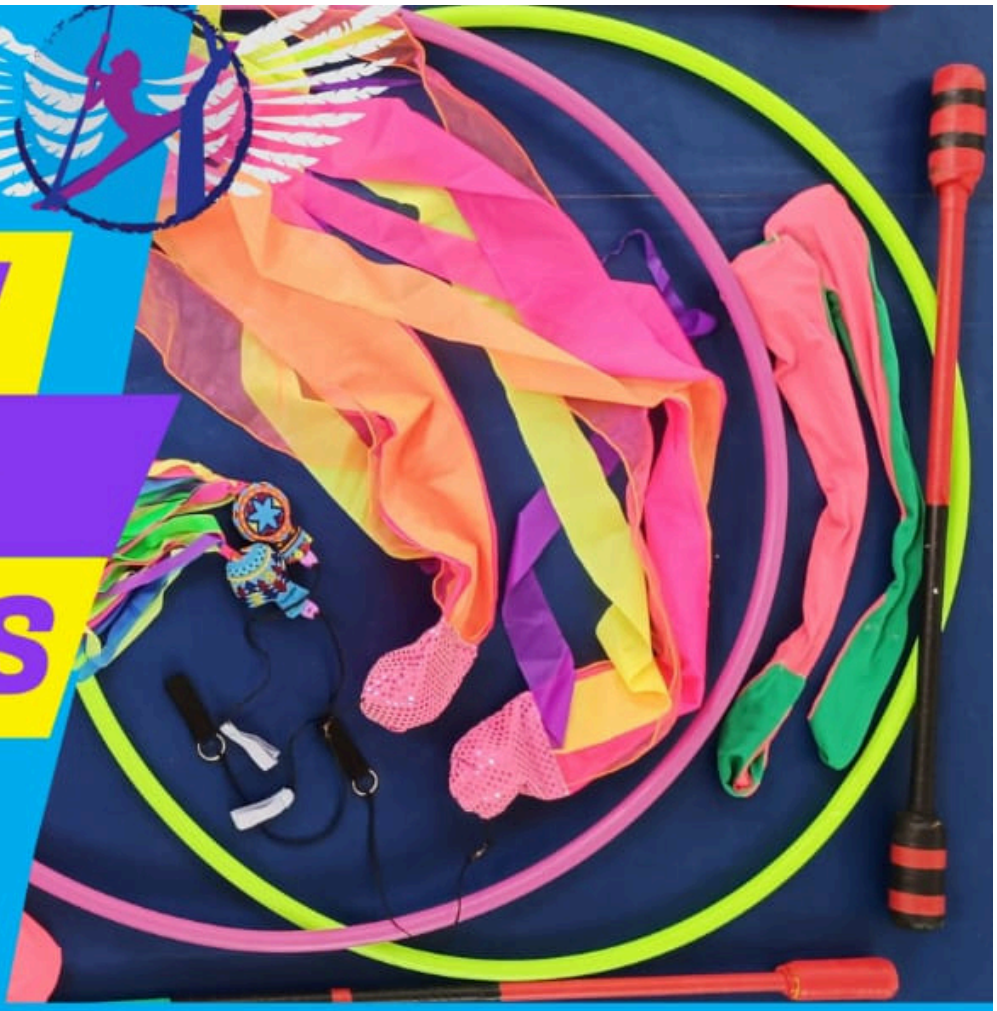
074 422 4884

info@littleandloved.co.za



Flying Fitness
AERIAL SILKS

FLOW ARTS CLASSES



LEARN HOW TO FLOW WITH

POI, HOOP, STAFF & JUGGLING!

All ages welcome!

MONTHLY PACKAGES AVAILABLE

TUESDAY
6PM - 7:30PM

WEDNESDAY
3PM - 4PM

R170.00 p/p
R300. 00 x 2







- Coordination & Dexterity
- Brain activation.
- Fitness.
- Stress Relief.
- Community.

WHATSAPP JESYKA TO BOOK:
+27 81 835 8536

VENUE: FLYING FITNESS AERIAL STUDIO, THE SHED, STELLENBOSCH

FLYING FITNESS
AERIAL SILKS

AERIAL SILKS & HOOP CLASSES

CHILDREN & ADULTS

Monday:
4pm, 5pm, 6pm
Tuesday: 8:45am,
3pm, 4pm, 5pm
Wednesday:
4pm, 5pm, 6pm
Thursday:
4pm, 5pm, 6pm
Friday: 8:45am
Saturday: 9am,
10am







RATES

Once-Off = R220.00
MONTHLY RATES
1 x per week (4 classes per month*) = R850.00
2 x per week (8 classess per month) = R1450.00
3 x per week (12 classes per month) = R2000.00
4 x per week (16 classes per month) = R2500.00
PRIVATES (1 hour) = R450.00

Find our schedule:
www.flyingfitness.co.za

BOOKING ESSENTIAL

- FITNESS
- STRENGTH
- FLEXIBILITY
- SELF-ESTEEM

BOOK BIRTHDAY / HEN PARTIES

Week & Weekend Classes Available
Absolute begginers welcome!

VENUE - FLYING FITNESS AERIAL STUDIO, THE SHED, SANTA ROAD, STELLENBOSCH

WHATSAPP JESYKA +27 81 835 8536

JOLLY TOTS KINDERKINETICS

Pediatric movement therapy

Building strong, confident, and capable little humans through movement





We offer:

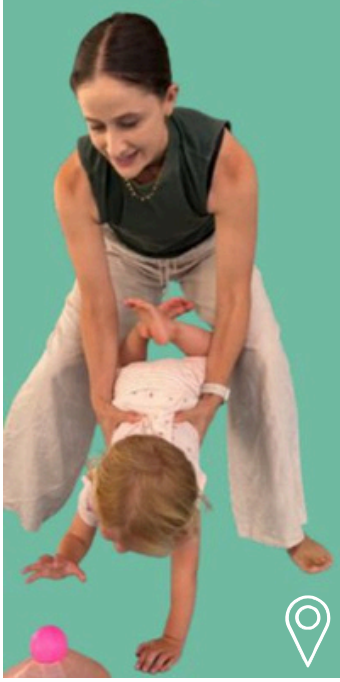
- Baby-Nastix
- Moms & Tots
- FunGym
- One-on-One Sessions
- Remedial Sessions
- School Programs
- Swimming Lessons
- We Also Host Parties!













CONTACT Jolly Tots Kinderkinetics:
072 586 6447
info@jollytotskinderkinetics.co.za

The Shed, Santa road, Spier wine farm, Stellenbosch

What is Biokinetics?



Biokinetics is the **science of movement** and the use of **exercise** as a tool to restore, improve, and enhance physical performance and movement.
It focuses on improving **physical function** and **overall health** through structured, **evidence-based exercise**.

BIO + KINETICS = LIFE + MOVEMENT
LIFE THROUGH MOVEMENT

You can see a Biokineticist if:

- You are **recovering** from **injury** or **surgery**
- You want to **return to sport** safely
- You need help **managing** a **chronic** or **orthopaedic condition**
- Individuals wanting to improve **performance** or **prevent injury**
- You want to **move better** and **get stronger**
- **Pre- and post-**partum

Contact us for more information:

Anja Marais Biokineticist
Practice number: 0876682

072 677 2994

https://anja-marais-biokineticist.bookem.com

anjam.biokin@gmail.com

24 Dennehoek Street, Heldervue, Somerset West

SONSKIJN MAANSKIJN

Handmade, Natural Soaps



Handmade soaps crafted with plant-based oils and natural ingredients.

Want to order, or get in touch?
Find us here:

sonskijmaanskijn.soaps@gmail.com
sonskijn_maanskijn_soaps
SonskijnMaanskijnsoaps

The Shed Café

We believe in treats that nourishes and delights.



Baked goods and platters thoughtfully created using healthy, good ingredients, while still embracing the joy of something truly decadent.

In-house catering
Party and Function catering
Day-to-Day café

084 506 1044

COMMISSION AN ORIGINAL WATERCOLOR PAINTING OF A HOME THAT HOLDS MEANING —
a childhood house, a first home, or a place filled with memories.

Each piece is hand-painted in a loose ink-and-wash style, designed to become a timeless heirloom — a way to hold onto a place, forever.

- **Micro-Memories** (A5–A4) from **R890**
- **Legacy Pieces** (A4–A1) from **R1,450**

Limited commissions available each month

YOUR HOME
Forever in Colour

LOVINGLY CREATED BY KARI DU PLESSIS
Commission enquiries: 082 493 2771

BZ NETWORKS

CCTV

OFFICE AND HOME WIFI

POINT TO POINT

INTERCOMS

AUDIO VISUAL INSTALLATIONS

OFFICE AND HOME NETWORK CABLING

PA SYSTEMS

MAINTENANCE OFFERED ON ALL THE ABOVE SERVICES
FOR FURTHER ENQUIRIES CONTACT TONY
TEL : 082 710 1570
EMAIL : TONY@BZNETWORKS.CO.ZA

CRH TELECOM

CRH Project Management Services (Pty) Ltd

Who are we?

We are a registered business with company registration number 2017/537611/07.
Weoperate asanInternetServiceProviderunderCRHTelecom,andwithinthe audio-visual industryasCRHProjects,offeringbothservicesandproductsupply.





We offer customised packages tailored to suit a wide range of events. For a quotation, please contact Clint on 083 383 0704.



We provide services to
- corporate clients
- individualconsumers
- government entities

References are available upon request.



Product - ISP Provider

- Oversee installation
- Networking
- Do the configurations
- Accessories such as android boxes, VoIP phones, etc



Product - Audio and Visual

- DJ Services
- Sound engineering support
- Setup of staging and lights
- 360 Photo boothservices (overhead & LED platforms)

CRH Project

Edel

Natural beeswax products



RIP ICE

A natural ointment to nourish, moisturize and repair your skin. Ideal for rips!

KAKIEBOS LEERKOS

Natural oils and beeswax to nourish, moisturize and preserve leather products.

Order at ellard@lomi.co.za or

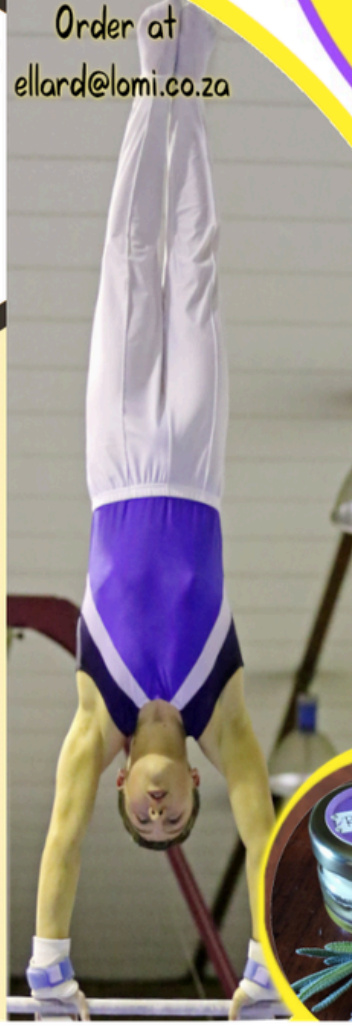
Edel

SMELTIES

Beeswax melts scented with essential oils

Available soon at The Shed Cafe!

Order at ellard@lomi.co.za





CLEAN MCQUEAN

Contact: Alicia
Cell: 797 298 356
Whats Apps welcome
Email: aliciavbreda@gmail.com

	ZAR			
Product	**2L**	**5L**	**25L**	
Vanish	80	125	320	
Omo / Ariel Liquid	80	140	420	
Comfort (Pink / Blue)	75	115	270	
Handy Andy	75	105	260	
Domestos	75	110	310	
Sunlight Dishwasher Liq	75	110	310	
Jik	70	95	220	
Pine - Fresh, Cherry & Lavender	75	105	270	
Pine Gel	120	225	760	
Sink & Drain	75	110	245	
Oven Cleaner	85	140	360	
Jeyes Fluid	80	120	340	
Laminating Floor Cleaner	90	150	400	
Hand Soap	80	130	380	
Bubble Bath	80	120	370	
Hand Sanitizer	120	210	760	
Window Cleaner	70	90	225	
Toilet Bowl Cleaner	70	105	325	
Cling Wrap 30m	190			
Garage Roll	310			
Twinsavers (Econo Pack) 48s 1 Ply 500 Sheets	300			
Twinsavers Luxury 2ply 24s	220			
Washing Powder - Ariel, Omo, Sunlight, Maq &	2Kg	5Kg	10Kg	20Kg
Surf (Auto & Hand Wash) KGs	80	145	210	300
For 25L orders an additional R30 or you provide your own drum				

Get your business featured



074 422 4884



Advertising **locally loved** brands in and around Stellenbosch and Somerset West.