



Know how to service your own bike through
our international training



Torq Zone Academy has been training home mechanics since 2014.

What makes us the Bicycle Training Centre of Excellence?

National Qualification accreditation
International Cytech technical accreditation
Professional, fully equipped workshop
Fully qualified facilitation
Commitment to the bicycle mechanic occupation

Training Offerings

Cytech home mechanic

This two-day course is designed to give the aspiring home repair and servicing enthusiast a good level of mechanical knowledge covering an introductory range of cycle maintenance areas. You will be able to conduct minor repairs and servicing on their own bike, which you bring with you, on completion of the course. This includes but is not limited to:

- Headset servicing
- Crankset removal and installation
- BB replacement
- Cassette removal and installation
- Freehub body servicing
- Gear setting
- Brake pad replacement and calliper centring.

For this course we do recommend that learners bring their own bicycles so that they can work on them under supervision in class and therefore be more confident at home.

The course fee is R3,400.

Cytech home mechanic plus

This five-day course designed to give the aspiring home repair and servicing enthusiast an advanced level of mechanical knowledge covering an introductory range of cycle maintenance areas. You will be able to conduct major repairs and servicing on a variety of bikes on completion of the course. This includes:

- Headset servicing
- Bottom bracket, crankset, and gears installation and setup
- Hub servicing
- Brake installation, and setup.

The course fee is R8,500.

Cytech home mechanic wheel building

This three-day course designed to give the aspiring home mechanic a good level of knowledge and practical experience in the art of wheel building. The course fee is R5,000.

Cytech home mechanic suspension

This two-day course is designed to give the aspiring home repair and servicing enthusiast a good level of mechanical knowledge and ability to service and repair their own suspension forks and rear shocks. The training includes air spring and damper servicing, but does not include nitrogen charging, vacuum bleeding or shim tuning. The course fee is R3,400.

Cytech home mechanic hydraulics

This two-day course is designed to give the aspiring home repair and servicing enthusiast a good level of mechanical knowledge and ability to service and repair their own hydraulic brakes. The training includes lever and calliper servicing and repair, and brake bleeding. The course fee is R5, R3,400.

*All pricing is effective from 1 January 2026

We run a set of these programmes each month for six learners at a time. Classes run from 08h00 to 16h00 on weekdays at our site in Lynwood Manor, Pretoria.

Contact Information

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