



## 1:1 PERSONAL TRAINING

<b>INTRODUCTORY PKG: 3 SESSIONS</b>	<b>\$150</b>
<b>SINGLE SESSIONS (1-4)</b>	<b>\$75 EACH</b>
<b>5 SESSIONS</b>	<b>\$365</b>
<b>10 SESSIONS</b>	<b>\$700</b>
<b>15 SESSIONS</b>	<b>\$1020</b>

## SMALL GROUP TRAINING (2:1)

	<b>PRICE PER PERSON</b>
<b>INTRODUCTORY PKG: 3 SESSIONS</b>	<b>\$100</b>
<b>SINGLE SESSIONS (1-4)</b>	<b>\$50 EACH</b>
<b>5 SESSIONS</b>	<b>\$240</b>
<b>10 SESSIONS</b>	<b>\$450</b>
<b>15 SESSIONS</b>	<b>\$600</b>

## REMOTE + VIRTUAL TRAINING

	<b>PRICE PER MONTH</b>
<b>AT HOME 30 (VIRTUAL CLASSES)</b>	<b>\$65</b>
<b>PROGRAM ONLY (NO COACHING)</b>	<b>\$85</b>
<b>REMOTE COACHING (1:1)</b>	<b>\$195</b>

## BASICS OF TRAINING (1:1)

<b>7 PERSONAL TRAINING SESSIONS</b>	
<b>4 ONLINE MODULES</b>	<b>VALUE: \$936</b>
<b>1 MONTH REMOTE COACHING</b>	<b>PRICE: \$700</b>
<b>BONUS: NUTRITION BUNDLE!</b>	



## PAYMENT DETAILS

### Discounts

10% off any service/package for military, police and first responders

Applies to active, retired and immediate family members [partner/child]

\*Does NOT apply to sales pricing OR Introductory Personal Training Package.

### Method of Payment

€-Transfer or Credit Card options.

### Payment Plans

Payment plans available for Personal Training Packages.



## CONTACT DETAILS

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