



Pricelist of: Personal Performance Training studio

Personal training session on our location

Separately

1x per week € 80,-
 2x per week € 150,-
 3x per week € 220,-

Personal training package

10x training € 670,- (67,- per session)
 20x training € 1300,- (65,- per session)
 30x training € 1890,- (63,- per session)
 40x training € 2440,- (61,- per session)
 50x training € 2900,- (58,- per session)
 60x training € 3360,- (56,- per session)

Medical fitness package on our location

10x training € 780,-
 15x training € 1100,-

Personal Kickboxing package on our locations

10x training € 640,- (64,- per session)
 20x training € 1240,- (62,- per session)
 30x training € 1800,- (60,- per session)
 40x training € 2320,- (58,- per session)

Group Training:

Cross Gym € 56,- per month (10 training sessions card 200,- small group max 20)
Kickboxing € 56,- per month (10 training sessions card 200,- small group max 20)
Fit For Kids € 55,- per month (10 training sessions card 180,- small group max 10)

Fit test € 160,- each time (you get a training plan for 10 weeks)

Nutrition advice/plan € 150,-

Sportfasting Make The Switch € 450,-

These training sessions include:

- **Prices are in Euro's including VAT, the use of training room and showers when available.**
- Training times with an average of 60 minutes
- Measurement of body weight and composition (if desired every time you're training)
- Nutrition advice/plan
- Fittest
- Carefully selected personal program fitted for your realistic goal
- If group training is with maximum of 2 people, you can divide the amount by 2.
- Sportfasting: use of cardio equipment if available and suited for the program.
- The head coach can change the assigned trainer/coach at any time if necessary.

Training sessions will be arranged for a **minimum of 10 weeks**. Unfortunately, it isn't possible to achieve measurable results in a shorter time.