



Pricelist Off: Personal Performance Training studio 2024

Personal training session :	On our location
1x once a week	82,-
2x once a week	160,-
3x once a week	230,-
Personal training package	
10x training	680,- (68,- per session)
20x training	1320,- (66,- per session)
30x training	1920,- (64,- per session)
40x training	2480,- (62,- per session)
50x training	3000,- (60,- per session)
60x training	3480,- (58,- per session)
Medisch fitness package	
10x training	800,-
20x training	1400,-
Personal Kickboxing package	
10x training	650,- (65,- per session)
20x training	1260,- (63,- per session)
30x training	1830,- (61,- per session)
40x training	2360,- (59,- per session)
Groep Training:	
Cross Gym	57,- per month (10 tripcard 200,- small group max 14)
Kickboxen	57,- per month (10 tripcard 200,- small group max 10)
Fit For Kids	57,- per month (10 tripcard 180,- small group max 8)
Fittest	180,- per time (you get a traingsplan for 10 weeks)
Foodadvice/plan	165,-
Sportfasting Make The Switch	460,-

These training sessions include:

- including VAT and including use of training room and shower if available.
- Training times of 60 minutes on average.
- Measurement of body weight and composition via the Tanita scale.
- Nutritional advice.
- Very extensive Fit test before the start of the PT process.
- Carefully composed personal program based on your realistic objectives.
- If training with a buddy/partner, the amount of the lesson package will be multiplied by 1.5.
- During Sports Fasting, use of cardio equipment provided if it is matchable and free.
- The head coach can at any time change the assigned trainer/coach in the process where necessary.

Trainings are agreed for a minimum of 10 weeks. Unfortunately, measurable results cannot be achieved earlier.