



Price list off: Personal Performance Training studio 2026

Personal training session: On our location

1xper week	89,-
2xper week	170,-
3xper week	250,-

Personal training package

10x training	695,- (69,50 per session)
20x training	1350,- (67,50 per session)
30x training	1965,- (65,50 per session)
40x training	2540,- (63,50 per session)
50x training	3075,- (61,50 per session)
60x training	3600,- (60,- per session)

Medisch fitness package

10x training	800,-
20x training	1400,-

Personal Kickboxing 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)

Group Training:

Cross Gym 62,- per month

Fittest 195,- at a time (you receive a trainingsplan for 10 weeks.)

Food plan 190,-

Sportfasting Make The Switch 475,-

These training sessions are included:

- **Including VAT and including use of training space and shower if available.**
- Trainings times of average **60min.**
- Measurement of body weight and composition via the Tanita scale.
- Foodplan if needed.
- Very extensive fitness evaluation test before the start of the PT proces.
- Carefully composed personal program based on your realistic objectives.
- If training with a buddy/partner, the amount of the lesson package will be 1.5x per time.
- During sport 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 an **minimum of 10 weeks**. Unfortunately measurable results cannot be achieved earlier