



Price list off: Personal Performance Training studio 2025

Personal training session: On our location

1xper week	84,-
2xper week	165,-
3xper week	240,-

Personal training package

10x training	690,- (69,- per session)
20x training	1340,- (67,- per session)
30x training	1950,- (65,- per session)
40x training	2520,- (63,- per session)
50x training	3050,- (61,- per session)
60x training	3540,- (59,-per session)

Medisch fitness package

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

Personal Kickboxing package

10x training	660,- (66,- per session)
20x training	1280,- (64,- per session)
30x training	1860,-(62,- per session)
40x training	2400,- (60,- per session)

Group Training:

Cross Gym 60,- per month

Kickboxen 60- per month

Fit For Kids 60,- per month

Fittest 190,- at a time (you receive a trainingsplan for 10 weeks.)

Food plan 180,-

Sportfasting Make The Switch 470,-

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 progma 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