



PERSONAL TRAINING PACKAGES

PRICE LIST

FROM HOME

\$225/520k

Per Month

Initial Consultation

3 Sessions Per Week Personal Training

Monthly measurements

Free Nutrition Plan Guide

AT THE GYM

\$350/809k

Per Month

Initial Consultation + Plan

Full Gym Membership (+Sauna)

3 Sessions Per Week Personal Training

Monthly measurements

Free Nutrition Plan Guide

INTENSIVE

\$425/960k

Per Month

Initial Consultation + Plan

Full Gym Membership (+Sauna)

5 Sessions Per Week Personal Training

Monthly measurements + Journal

Free Nutrition Plan Guide + Recipes



NUTRITION PACKAGES

PRICE LIST

STARTER

**\$45/105k Per
Month**

Initial Consultation
Tailored Nutrition Plan
Fortnightly Check-ins
Free Nutrition Journal

EXTENSIVE

**\$65/150k Per
Month**

Initial Consultation
Tailored Extensive Nutrition Plan
Free Superfood Supplements
Free Nutrition Journal
Weekly Checkins

SPECIALIZED

**\$80/185k Per
Month**

Initial Consultation
Specialised Nutrition plan (Keto, Vegan
etc.)
Free Superfood Supplements + journal
Weekly Checkins