



**PERSONAL TRAINING RESIDENTS
&
IN-HOUSE GUESTS**

1 Session AED200
10 Sessions AED1750
20 Sessions AED2500

PERSONAL TRAINING NON-RESIDENT GUESTS

1 Session AED250
10 Sessions AED2000
20 Sessions AED3000

EMS TRAINING

Full body workout in just 20 minutes

1 Session AED200
7 Sessions AED999
EMS Suit: AED250

External Trainer Session

Additional AED100