



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

1 Session AED300
10 Sessions AED2500
20 Sessions AED3500

PERSONAL TRAINING NON-RESIDENT GUESTS

1 Session AED350
10 Sessions AED3000
20 Sessions AED4000

EMS TRAINING

Full body workout in just 20 minutes

1 Session AED250
6 Sessions AED1250

External Trainer Session

Additional AED100