

# PRICES

## PERSONAL TRAINING



Personal Training per unit	180 CHF
10 sessions	1'700 CHF
20 sessions	3'300 CHF
30 sessions	4'800 CHF
50 sessions	7'500 CHF
Partner Personal Training (2 people)	220 CHF
10 sessions	2'100 CHF
20 sessions	4'000 CHF
Personal Training at home *	250 CHF
Group workouts	on request
Health Coaching	180 CHF
Body Compositions Analysis	90 CHF

## METABOLIC TRAINING



Cell Training	
10 sessions	1'000 CHF
20 sessions	1'900 CHF
Metabolic Week	950 CHF
Metabolic Analysis	90 CHF

## SUPPLEMENTS



Drinks (10 units)	50 CHF
Protein powder inkospor	50 CHF
Creatine inkospor (120 capsules)	40 CHF

\* This price is only valid for locations that we can reach in max. 15 minutes.