



PERSONAL TRAINING PACKAGES

ONLINE COACHING

Basic - Starter (3 Months)

650CHF

Personalized training plan

Nutrition guidance (calorie & macro estimation, supplements)

Weekly text check-ins via WhatsApp

Progress Booster (6 Months)

1150 CHF Package

Long-term training periodization

Regular program adjustments

Weekly video check-ins (15 minutes)

Technique feedback

Full nutrition plan



HYBRID COACHING

Basic Starter (1 Month)

590 CHF

Weekly 1:1 Sessions Focused on Technique & Movement (4x)

Weekly online check- ins (15 minutes)

Online training plan for the remaining days

Nutrition guidance (calorie & macro estimation, supplements)

Progress Booster (3 Months)

1690 CHF

Weekly 1:1 Sessions Focused on Intensity & Periodization (12x)

Weekly online check- ins (15 minutes)

Online training plan for the remaining days

Program adjustments

Full nutrition plan

Premium Mastery (6 Months)

3190 CHF

Weekly 1:1 Sessions Focused on Performance & Variation (24x)

Weekly online check- ins (15 minutes)

Online training plan for the remaining days

Unlimited program adjustments

Full nutrition plan with ongoing adjustments



1-ON-1 TRAINING

One Session

150 CHF

60- minute 1:1 training session or initial assessment (mobility, posture, technique feedback)

10xPT Package

1,430 CHF

10× 1:1 training sessions focused on technique and strength fundamentals

Building a solid training foundation and establishing a consistent routine

Individual training plan for non- PT days

Valid for 2 months

20xPT Package

2,700 CHF

20× 1:1 training sessions focused on continuous progression and technique refinement

Personalized programming tailored precisely to your goals to ensure lasting results

Valid for 4 months

36xPT Package

4,590 CHF

36× 1:1 training sessions focused on performance and variation

Deep, guaranteed physical transformation

Complete nutrition protocol & bioimpedance analysis

Valid for 6 months



IMPORTANT INFORMATION

Agreed personal training appointments must be cancelled at least 24 hours in advance. In case of late cancellation or no-show, the session will be fully charged.

In the event of illness, accident, or military service, the validity period can be paused upon presentation of an appropriate certificate.

Unused training sessions expire once the validity period has ended and are not eligible for refunds.





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