

HEALTH CONSULTING & WELL-BEING

(FULL FLEXIBILITY)

YOGA (1:15H)

SINGLE SESSION	20,-
10 PACK	150,-

INFRA SAUNA SESSION (1:15H)

SWEAT YOURSELF:

SINGLE SESSION	30,-
10 PACK	270,-

SWEAT TOGETHER:

SINGLE SESSION	45,-
----------------	------

POWER SWEAT (0:45H)	25,-
---------------------	------

CONSULTATION (1H)	150,-
-------------------	-------

MEMBERSHIPS – COMMIT TO US. COMMIT TO YOU.

(MITGLIEDSCHAFTEN – 6 MONATE LAUFZEIT)

JEDE MITGLIEDSCHAFT UMFASST EIMALIG EINEN 90-MINÜTIGEN EINGANGSCHECK,
SOWIE INDIVIDUELLE PLANUNG ZU ERNÄHRUNG TRAINING UND LIFESTYLE.

HEALTH COACHING

BODY 'N' MIND RESET	^{MTL.} 99,-
---------------------	-------------------------

BODY 'N' MIND TRANSFORMATION	^{MTL.} 155,-
------------------------------	--------------------------

**JOIN THE SQUAD:
HEALTH COACHING + SMALLGROUP TRAINING**

WE START	^{MTL.} 220,-
WE RESTORE	^{MTL.} 295,-
WE CHANGE	^{MTL.} 375,-
WE TRANSFORM	^{MTL.} 425,-

**MAKE IT YOU:
HEALTH COACHING + 1:1 TRAINING (MIND OR BODY)**

YOU RESTORE	^{MTL.} 800,-
YOU CHANGE	^{MTL.} 1100,-
YOU TRANSFORM	^{MTL.} 1400,-

ADD-ONS (MEMBERS ONLY)

1:1 MENTAL COACHING (1H)	90,-
1:1 PERSONAL TRAINING (1H)	90,-
SMALLGROUP TRAINING (1H)	35,-
METCON (0:30H)	12,-
MINERALBALANCE HAARANALYSE (ERSTANALYSE)	300,-
MINERALBALANCE HAARANALYSE (FOLGEANALYSE)	225,-

