

Private Coaching

Coaching privé

Reservations required at least 48h in advance and upon availability.
Sur réservation min 48h en avance et selon disponibilité.

	1 pers.	+2 pers.
Personalised & adapted coaching - 60 min Coaching personnalisé et adapté - 60 min	Rs. 1,950	Rs. 1,100
Physical preparation & sport maintenance - 60 min Préparation physique et entretien du sport - 60 min	Rs. 1,950	Rs. 1,100
Coaching boxe - 45 min Coaching boxe - 45 min	Rs. 1,650	Rs. 800
Coaching, stretching & mobility - 35 min Coaching, étirements et mobilité - 35 min	Rs. 1,650	Rs. 900
Pressotherapy, draining, massage max 2 p - 30 min Pressotherapy et drainage, massage max 2 pers. - 30 min	Rs. 1,650	Rs. 900

