



## FLOW NOMADS / PERSONAL TRAINING PRICING

### PRIVATES

€75 incl. Vat

Why? Fully flexible, schedule a training when it suits you, without strings attached.

### 10 TIMES

€620 incl. Vat (Valid for 6 months)

Why? Train flexibly, schedule your training when it suits you.

### PACKAGES

Training Package: 4x/month €260 incl. Vat

Training Package: 6x/month €380 incl. Vat

Training Package: 8x/month €480 incl. Vat

Why? Train committed with routine. Scheduled all at once, guaranteeing your preferred training days/times. For when you need consistency or a kickstart.

### ONLINE PROGRAMMING

€60 / Month - Fully individualised training sessions, with coaching feedback.

### LOCATIONS

Indoor Gym: Töölö & Punavuori

Outdoor: Arabia Urheilupuisto

Prefer another location such as your own home or a business gym? Let us know and we will check possibilities.