



FLOW NOMADS / PRICING

PRIVATES

€75 incl. Vat

PACKAGES

10 TIMES - €620 incl. Vat (Valid for 6 months)

Use these sessions for Personal Training, Self Defense and/or Yoga.

YIN & YANG - €300 incl. Vat Monthly (minimum 3 months)

Looking to get stronger, better, faster & increase your mobility with individual guidance? This package includes 2 Yoga privates + 2 Personal Training sessions per month, as well as online programming to do workouts on your own.

ONLINE COACHING

€60 / Month - Fully individualised training sessions for you to do on your own, with weekly coaching feedback, through a coaching application on your phone.

LOCATIONS

Indoor Gym: Töölö & Punavuori

Outdoor: Arabia, Hietsu

Prefer another location such as your own home or a business gym? We are flexible to travel within the Helsinki central region.

EMPLOYEE BENEFITS

We accept Edenred and Epassi payments.