



FLOW NOMADS / PRICING

PRIVATES

Single Session €80 incl. Vat (75 minutes)

PT PACKAGES

10 Times - €660 incl. Vat (60 minutes/session, valid for 4 months)

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

20 Times - €1250 incl. Vat Monthly (60 minutes/session, valid for 8 months)

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

ONLINE COACHING

€80 / Month - Individualised training sessions for you to do on your own, with weekly personal coaching feedback, through the TrueCoach Coaching application.

LOCATIONS

Indoor Gym: Töölö, Ullanlinna

Outdoor: Arabia, Hietalahti, Hakaniemi, Töölö, Kamppi

Prefer to train at 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.

GIFT CARD

If you would like to gift someone the gift of health and wellness, we offer giftcards to all our services that are valid for one year. Choose your own value.