

LIFT

REALIZE YOUR STRENGTH

PT SERVICES

1-1 Personal Training

No membership required.

1 session (60 min)	\$40
10 sessions (60 min)	\$350
Expiry: 6 weeks	

Hybrid Training

4x 1-1 PT sessions + 6-8 in-app solo sessions	\$200
Expiry: 4 weeks	

8x 1-1 PT sessions + 4-6 in-app solo sessions	\$285
Expiry: 4 weeks	

Group Training

1 duo session	\$60
10 duo session	\$500
Expiry: 5 weeks	

1 trio session	\$75
10 trio sessions	\$600
Expiry: 5 weeks	

Opening hours:

Weekdays: 6 AM till 9:30 PM

Weekends: 8 AM till 1:30 PM

Contact us:

+961 76 068 597