



FIT REBEL PRICE LIST

Classes & Consultations

Personal Training (in person or virtual via Zoom)

Train Smart (strength, endurance, flexibility)

Packages

- FIT REBEL TO BE : 3 x 30min per week
(for 4 weeks, 12 sessions to be used within 6 weeks) CHF 780.-
- TRAIN LIKE A REBEL : 5 x 30min per week
(for 4 weeks, 20 sessions to be used within 6 weeks) CHF 1200.-

Individual Sessions of Personal Training (Yoga, Prenatal, training)

- 55min Personal Training CHF 115.- / session
- 30min Personal Training CHF 75.- / session
- 10 classes 55min CHF 110.- / session
- 10 classes 30min CHF 70.- / session
- Group Training (up to 3 PAX) 60min CHF 150.- / session

Group Classes including HIIT IT & Yoga Glow Classes (@The Space, 130 Josefstrasse Zurich)

- 55min Yoga Glow CHF 38.- / session
- 25min HIIT IT class CHF 19.- / session
- 10 classes Yoga Glow CHF 360.- (4 months validity)
- 10 classes HIIT IT CHF 180.- (4 months validity)

Free your mind

- 1 on 1 meditation 45min CHF 85.- / session

Nourish your body 101

- 1 on 1 nutrition consultation 50min CHF 95.- / session
- Private Cooking classes 90min (includes video of recipe) CHF 150.- / session