

# PRICE LIST



## ● Exercise Assessment and Body Analyze

Inbody Body Composition Test	-'	50 €
Exercise Assessment and Body Analyzer	-'	60 €

## ● Fitness Personal Training

Fitness Personal Training	50'	120 €
Fitness Personal Training x 3	50'	324 €
Fitness Personal Training x 6	50'	576 €
Fitness Personal Training x 8	50'	720 €
Fitness Personal Training x 10	50'	840 €

## ● Pilates & Reformer

Classic Reformer Pilates	50'	120 €
Cadillac Pilates	50'	120 €
Abdominal Strengthening Reformer Pilates	40'	100 €
Deep Flexibility with Reformer	50'	100 €
Classic Mat Pilates	50'	100 €

## ● Active and Passive Yoga Types

Hatha Yoga	50'	120 €
Meditative Vinyasa Flow	50'	120 €
Hammock Yoga	50'	120 €
Yin & Yang Yoga	50'	100 €
Assisted Yogic Deep Flexibility	50'	100 €
Abdominal Strengthening Yoga	50'	100 €

## ● Meditation and Breathing Techniques

Self-Awareness Meditations	40'	90 €
Pranayama Breathing Techniques	40'	90 €
Chakra Meditation	40'	90 €

## ● Tennis Private Lessons

Tennis Private Lesson	60'	120 €
Tennis Private Lesson x 3	60'	324 €
Tennis Private Lesson x 6	60'	576 €
Tennis Private Lesson x 8	60'	720 €
Tennis Private Lesson x 10	60'	840 €

## ● Private Swimming Lessons

Beginner Level (Children /Adult)	45'	90 € / 80 €
Intermediate Level Children /Adult)	45'	100 € / 90 €
Advanced Level (Children /Adult)	50'	120 € / 110 €
Meeting Water (Only Kids)	30'	85 €
Aqua Bike	50'	100 €
Aqua Fit	50'	100 €

## ● Kickboxing and Boxing Trainings

Muay Thai Private Lessons	50'	120 €
Kick Boks Private Lessons	50'	120 €
Boks Private Lessons	50'	120 €

## ● Training Sessions

HIIT Cardio Private Lessons	45'	85 €
ABS Core	30'	65 €
Circular Equipment Workout	45'	85 €
Flexibility Training	40'	60 €

## ● Time Togher Sessions

Mother & Daughter Relax and Stretch	50'	192 €
Father & Son are Stronger Together	50'	192 €

## ● Villa Private Lessons

Yoga / Pilates / Stretching	50'	200 €
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## Discounts for Single / Couple programs

3 Lessons	<b>%10 indirim</b>	8 Lessons	<b>%25 indirim</b>
6 Lessons	<b>%20 indirim</b>	10 Lessons	<b>%30 indirim</b>

Discounts applied for package programs created by Sport Academy Consultant can not be combined with another discounts or gifts.

\* We would like to remind you that there is a 11.5% service charge for the extra services you will receive.