

THE ART OF PERFORMANCE EXCELLENCE



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SPORT TECHNICAL TRAINING

BASE PACKAGE

INTERVIEW & ASSESSMENT
2X PERSONAL TRAINING STRENGTH & CONDITIONING
SPORT MASSAGE 30MIN
SPECIFIC TRAINING RECOMMENDATIONS
FULL ACCESS TO GYM & POOL
FINAL ASSESSMENT
WATER AND TOWEL

Category	Description	Package price
SWIMMING	5 x TECHNICAL TRAINING FLUME CHANNEL SESSION ANALYSIS 30MIN	670 €
TRIATHLON	5 x TECHNICAL TRAINING FLUME CHANNEL SESSION ANALYSIS 30MIN	670 €
TENNIS	5 x TECHNICAL TRAINING	432 €
GOLF	5 x TECHNICAL TRAINING	557 €
BEACH VOLLEY	5 x TECHNICAL TRAINING	432 €
FOOTBALL	5 x TECHNICAL TRAINING	432 €
CROSSFIT	5 x TECHNICAL TRAINING	432 €
PADEL	5 x TECHNICAL TRAINING	432 €
PILATES	5 x TECHNICAL TRAINING	432 €

DISCOUNTS:

50% FOR SECOND CHILD IN THE SAME CLASS (Not applied to Golf package)

30% FOR SECOND ADULT IN THE SAME CLASS (Not applied to Golf package)



SPORT À LA CARTE

BASE PACKAGE

INTERVIEW & ASSESSMENT
SPECIFIC TRAINING RECOMMENDATIONS
1 FULL ACCESS TO GYM & POOL PER SPORT
FINAL ASSESSMENT
WATER AND TOWEL

70€

Description	Individual price
FLUME CHANNEL SESSION VERBAL ANALYSIS 30MIN	70,00 €
FLUME CHANNEL SESSION VIDEO&WRITTEN ANALYSIS 30MIN	150,00 €
PERSONAL TRAINING – FITNESS	55,00 €
PERSONAL TRAINING – FIT ADULTS	55,00 €
PERSONAL TRAINING – SPORTS STRENGTH & CONDITIONING	55,00 €
TECHNICAL TRAINING – SWIMMING	79,00 €
TECHNICAL TRAINING – TRIATHLON	79,00 €
TECHNICAL TRAINING – TENNIS	55,00 €
TECHNICAL TRAINING – GOLF	70,00 €
TECHNICAL TRAINING – BEACH VOLLEYBALL	55,00 €
TECHNICAL TRAINING – FOOTBALL	55,00 €
TECHNICAL TRAINING – CROSSFIT	55,00 €
TECHNICAL TRAINING – PADEL	55,00 €
TECHNICAL TRAINING – PILATES	55,00 €
READAPTATION FUNCTIONAL TRAINING	55,00 €
REHABILITATION FUNCTIONAL TRAINING	55,00 €
SPORT MASSAGE 30MIN	32,00 €
PHYSIOTHERAPY SESSION 1HOUR	70,00 €
BIKE RENTAL 1 DAY	24,00 €
MUSCULOSKELETICAL EVALUATION	70,00 €
INJURY PREVENTION PROGRAM	70,00 €



PRO LINE

INCLUDES

FULL ACCSESSES TO POOL INSTALLATION
WATER AND TOWEL

	Description	Individual price
SPORT: DAY/PERSON		
1 DAY ACCESS	MAX 3 PAX - INDIVIDUAL TRAINING - LAST MINUTE RESERVATION	45,00 €
1 WEEK ACCESS	MAX 3 PAX - INDIVIDUAL TRAINING - LAST MINUTE RESERVATION	250,00 €
2 WEEKS ACCESS	MAX 3 PAX - INDIVIDUAL TRAINING - LAST MINUTE RESERVATION	390,00 €
1 MONTH ACCESS	MAX 3 PAX - INDIVIDUAL TRAINING - LAST MINUTE RESERVATION	500,00 €
TRIATHLON	FULL ACCESS	48,00 €
SWIMMING	FULL ACCESS	55,00 €
CROSSFIT	FULL ACCESS	55,00 €
TENNIS	FULL ACCESS	55,00 €
BEACH VOLLEYBALL	FULL ACCESS	35,00 €
TAILOR MADE	MIX OF SPORTS OR CITY HALL SPORT CENTER USE (TATAMI/ PARQUET OR BASKETBALL)	55,00 €
FOOTBALL/RUGBY	Flat rate up to 25 PAX - 80EUR per additional player - 2 sessions of 90 MIN	2.000,00 €
EVENTS	PER HOUR	300,00 €
FLUME GROUP SESSION 1HOUR		120,00 €
FLUME INDIVIDUAL BIOMECHANICAL SESSION 30MIN (VERBAL)		70,00 €
FLUME INDIVIDUAL BIOMECHANICAL SESSION 30MIN (WRITTEN)		150,00 €



STRENGHT & CONDITIONING TRAINING

FITNESS PACKAGE

INTERVIEW & ASSESSMENT
7X PERSONAL TRAINING
SPORT MASSAGE 30MIN
SPECIFIC TRAINING RECOMMENDATIONS
FULL ACCESS TO GYM & POOL
FINAL ASSESSMENT
WATER AND TOWEL

432€

FIT ADULTS PACKAGE

INTERVIEW & ASSESSMENT
7X PERSONAL TRAINING MOBILITY, STABILITY,
STRENGTH & CONDITIONING
SPORT MASSAGE 30MIN
SPECIFIC TRAINING RECOMMENDATIONS
FULL ACCESS TO GYM & POOL
FINAL ASSESSMENT
WATER AND TOWEL

432€

SPORT SPECIFIC STRENGTH & CONDITIONING PACKAGE

INTERVIEW & ASSESSMENT
7X PERSONAL TRAINING STRENGTH & CONDITIONING
SPORT MASSAGE 30MIN
SPECIFIC TRAINING RECOMMENDATIONS
FULL ACCESS TO GYM & POOL
FINAL ASSESSMENT
WATER AND TOWEL

432€

DISCOUNTS:

50% FOR SECOND CHILD IN THE SAME CLASS

30% FOR SECOND ADULT IN THE SAME CLASS



REHABILITATION

REHABILITATION PACKAGE

INTERVIEW & ASSESSMENT
5X PHYSIOTHERAPY SESSION 1 HOUR
3X FUNCTIONAL REHABILITATION TRAINING
2X FLUME CHANNEL SESSION ANALYSIS 30MIN
SPECIFIC TRAINING RECOMMENDATIONS
FULL ACCESS TO GYM & POOL
FINAL ASSESSMENT
WATER AND TOWEL

712€

READAPTATION PACKAGE

INTERVIEW & ASSESSMENT
3X PHYSIOTHERAPY SESSION 1 HOUR
5X FUNCTIONAL READAPTATION TRAINING
2X FLUME CHANNEL SESSION ANALYSIS 30MIN
SPECIFIC TRAINING RECOMMENDATIONS
FULL ACCESS TO GYM & POOL
FINAL ASSESSMENT
WATER AND TOWEL

692€



EXTRAS

Description	Individual price
FLUME CHANNEL SESSION VERBAL ANALYSIS 30MIN	70,00 €
FLUME CHANNEL SESSION VIDEO&WRITTEN ANALYSIS 30MIN	150,00 €
PERSONAL TRAINING – FITNESS	55,00 €
PERSONAL TRAINING – FIT ADULTS	55,00 €
PERSONAL TRAINING – SPORTS STRENGTH & CONDITIONING	55,00 €
TECHNICAL TRAINING – SWIMMING	79,00 €
TECHNICAL TRAINING – TRIATHLON	79,00 €
TECHNICAL TRAINING – TENNIS	55,00 €
TECHNICAL TRAINING – GOLF	70,00 €
TECHNICAL TRAINING – BEACH VOLLEYBALL	55,00 €
TECHNICAL TRAINING – FOOTBALL	55,00 €
TECHNICAL TRAINING – CROSSFIT	55,00 €
TECHNICAL TRAINING – PADEL	55,00 €
TECHNICAL TRAINING – PILATES	55,00 €
READAPTATION FUNCTIONAL TRAINING	55,00 €
REHABILITATION FUNCTIONAL TRAINING	55,00 €
SPORT MASSAGE 30MIN	32,00 €
PHYSIOTHERAPY SESSION 1HOUR	70,00 €
BIKE RENTAL 1 DAY	24,00 €
MUSCULOSKELETICAL EVALUATION	70,00 €
INJURY PREVENTION PROGRAM	70,00 €