

# THE SPA

fitness

## MEMBERSHIP

	Essential	Premium
Monthly Fee	€120	€180
Half Year Fee	€650	€975
Annual Fee	€1200	€1800

## PERSONAL TRAINING

	30 mins - 60 mins
1 Session	€45 - €75
10 Sessions	€400 - €675

## CLASSES

Sunrise/Sunset Stretch - 30 mins	complimentary
Running Club - 60 mins	complimentary
Chi Kung - 60 mins (Pack of 5 Sessions)	€20 €60
Mindfulness - 45 mins (Pack of 5 Sessions)	€20 €60
Mind & Posture Alignment - 45 mins	€15
Balance - 45 mins	€15
High-Intensity Interval Training - 30 mins	€10
ABS - 30 mins	€10
InBody Test	€30

## NUTRITION

First Consultation	€60
Further Consultations	€45

## PHYSIOTHERAPY

Physiotherapy - 90 mins	€65
Physiotherapy for Beauty	€70
Microneedling (Facial or Body)	€70

## ACUPUNCTURE

First Consultation	€80
Further Sessions	€65
Acupuncture for Beauty	€70

All prices are inclusive of VAT at the current rate

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