

So | FIT
SOFITEL



Feel good, look good...

PERSONAL TRAINING

TRAINING PACKAGES	PRICE PER SESSION
Tennis ball machine - 1 h	AED 150
Tennis ball machine - 30 min	AED 90
Rental of tennis rackets	AED 50 (per racket)
Tennis lesson - 1 session	AED 250
Tennis lesson - 3 sessions	AED 230
Tennis lesson - 5 sessions	AED 210
Tennis lesson - 10 sessions	AED 200
Tennis lesson - 20 sessions	AED 180
Group tennis lesson for kids 4-6 years old	AED 60 (per person) *
Group tennis lesson for kids 7-12 years old	AED 60 (per person) *
Body Composition Analysis	AED 250
Personal training - 1 session (55 min)	AED 270
Personal training - 4 sessions	AED 225
Personal training - 8 sessions	AED 210
Personal training - 10 sessions	AED 200
Personal training - 12 sessions	AED 195
Personal training - 20 sessions	AED 180
LPG training - 1 session (30 min)	AED 100
LPG training - 6 sessions	AED 90
LPG training - 12 sessions	AED 80
Technoshape - 1 session (45 min)	AED 300
Technoshape - 2 sessions	AED 275
Technoshape - 3 sessions	AED 250
Technoshape - 6 sessions	AED 250
Technoshape - 12 sessions	AED 250

* Minimum 3 participants per class

INFORMATION & RESERVATIONS

Please visit So Fit Health Club reception
or call +971 44 55 54 37

All prices are in UAE Dirhams inclusive of 10% authority fee and 10% service charge.