

Personal Training Price List

	Member	Riffa Views Resident	Non Member
Single Session			
1 session / 1 person	BD 20	BD 25	BD 30
1 session / 2 people	BD 38	BD 45	BD 55
Monthly Sessions *			
8 sessions / 1 person	BD 130	BD 145	BD 168
12 sessions 1 person	BD 175	BD 210	BD 260
8 sessions / 2 people	BD 224	BD 280	BD 360
12 sessions / 2 people	BD 310	BD 380	BD 480
Packages **			
10 sessions / 1 person	BD 175	BD 210	BD 260
10 sessions / 2 people	BD 310	BD 380	BD 480
Evaluation ***			
Fitness/Anthropometric Evaluation (60 mins)	BD 35	BD 42	BD 49

*Monthly sessions are valid for 1 month.

** 10 session packages are valid for 3 months.

*** Evaluation is included free of charge in the 10 session packages.