



## PRIVATE COACHING SESSIONS

Stay active during your holidays with our private coaching sessions which are designed for your individual goals and needs, allowing you to work one-on-one with our expert coaches.

ACTIVITY	DURATION	PRICE
<b>Fitness</b>		
Individual training ( <i>per person</i> )	60 mins	3,500
Couple training	60 mins	5,500
Packaged sessions ( <i>per person</i> )	5 sessions (60 mins each)	17,000
<b>Wellness</b>		
Classical yoga ( <i>per person</i> )	60 mins	3,500
Sunrise yoga ( <i>per person</i> )	60 mins	5,500
Meditation ( <i>per person</i> )	60 mins	3,800



Prices are in Mauritian rupees (MUR) inclusive of VAT. Advanced bookings are required. For more information, please contact the Recreations Centre. Any cancellation must be made 24 hours before the scheduled activity.

A fee of 50% will be applicable for cancellations made in between 4 and 24 hours prior the scheduled activity.

The full amount of the session booked will be charged in case of cancellations made less than 4 hours prior the activity or no-show.

