

Trial Session — €45

A focused session designed to give you clarity, direction, and a real experience of coaching.

What you get

- 1 1-to-1 coaching session (online or in-person)
- 2 Basic movement and fitness assessment
- 3 Short personalized workout
- 4 Goal discussion and strategy
- 5 Clear next-step plan

Who it's for

- 1 First-time clients
- 2 People unsure about committing monthly
- 3 Anyone wanting to experience coaching quality

Important

The session delivers value on its own. If you continue, the fee can be deducted from your first monthly plan.