

Hybrid Coaching — €425/month

High-level coaching combining online structure with in-person execution and feedback.

What you get

- 1 In-person coaching sessions
- 2 Real-time technique correction
- 3 Fully personalized training plan
- 4 Continuous adjustments
- 5 Priority support

What this means

- 1 Direct coaching and guidance
- 2 Faster improvement in technique
- 3 Maximum accountability

Best for

- 1 Clients wanting hands-on coaching
- 2 Those focused on performance and efficiency
- 3 People who prefer in-person training