



BeU

FITNESS & NUTRITION

Four Week Training Programmes

275 EURO

Two PT sessions per week

Two self guided PT sessions per week

Weekly check ins

Nutrition Guidance/ Rest & Recovery Guidance

225 EURO

Two PT sessions per week

Two self guided PT sessions per week

Weekly check ins

150 EURO

Online Workout Programme

Weekly check ins

Nutrition Guidance/ Rest &

Recovery Guidance

50 EURO

Online Workout Programme