

GOLD COAST

TRAINING CENTER

60-MINUTE SESSIONS

1:1 TRAINING

Single Session — \$160
5 Sessions — \$525 (\$105/each)
10 Sessions — \$950 (\$95/each)
15 Sessions — \$1,350 (\$90/each)
30 Sessions — \$2,400 (\$80/each)

60-MINUTE SESSIONS

2:1 TRAINING

Single Session — \$200 (\$100/person)
5 Sessions — \$750 (\$375/person)
10 Sessions — \$1,400 (\$700/person)
15 Sessions — \$1,950 (\$975/person)
20 Sessions — \$2,400 (\$1,200/person)

60-MINUTE SESSIONS

3:1 TRAINING

Single Session — \$270 (\$90/person)
5 Sessions — \$1,050 (\$350/person)
10 Sessions — \$1,950 (\$650/person)
15 Sessions — \$2,700 (\$900/person)
20 Sessions — \$3,300 (\$1,100/person)

SMALL GROUP TRAINING

60 MIN

4 Athletes — \$70
5 Athletes — \$62
6 Athletes — \$52

TEAM TRAINING

10 + Athletes

60 MIN

Single Session — \$42



POLICIES

- Packages must be completed within 6–12 months depending on size
- 24-hour cancellation required
- Group sessions charged if one athlete attends