



GYMLAB PERSONAL TRAINING STUDIO

LUNCH BREAK TRAINING

Classi di Functional/Cross Training
durante la tua pausa pranzo!

**INDIRIZZO:
VIALE DEGLI ASTRI 24 00144
ROMA EUR**

Per informazioni contatta : ±39 3938265690



Lunch Break Functional Training

*(Monday – Wednesday – Friday
13:00 hrs)*

- **8** people class: ~~120€~~ **108€** x month
- **4** people class: ~~150€~~ **135€** x month

(Tuesday – Thursday 13:00 hrs)

- **8** people class ~~90€~~ **81€** x month
- **4** people class ~~120€~~ **108€** x month

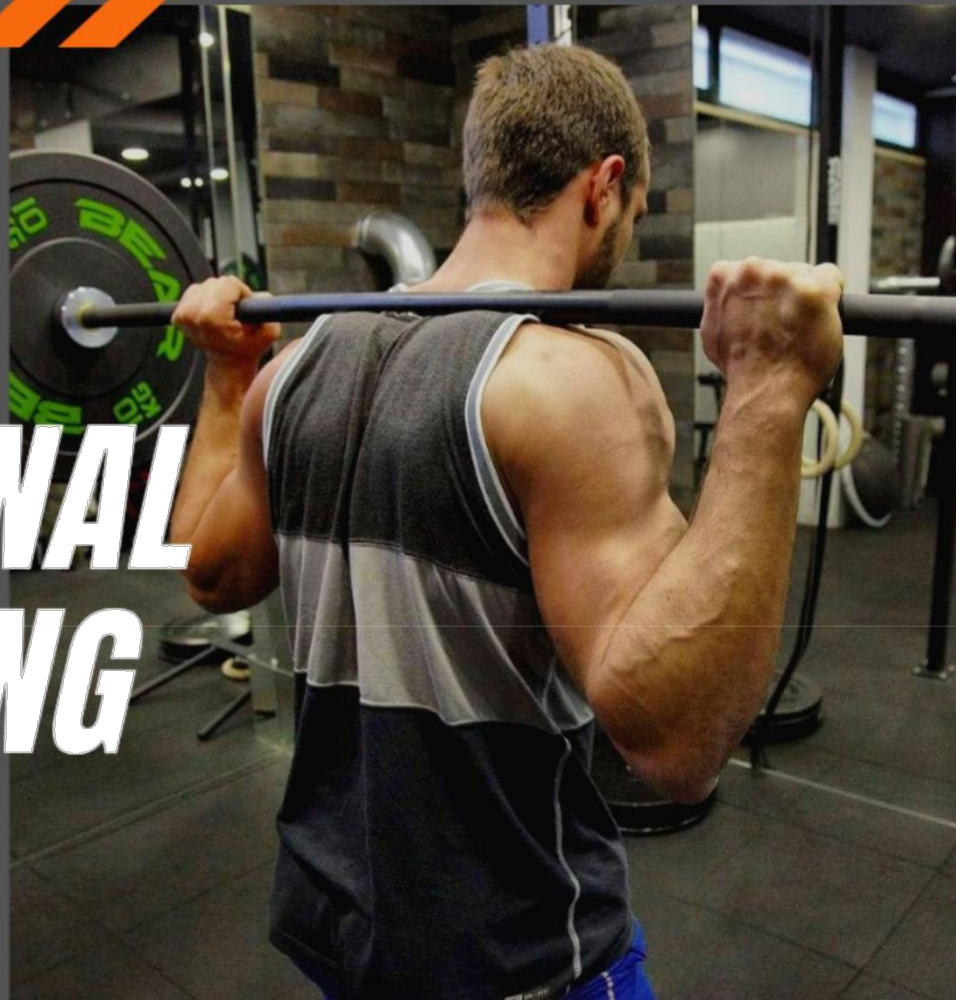


GYMLAB

Personal Training Studio

PERSONAL TRAINING

Individuale &
di Coppia





Personal Training

(fitness/functional/postural/rehabilitation)

Individual:

Single lesson	45€	40€
8 lessons	320€	290€
12 lessons	420€	380€

In pairs:

Single lesson	60€*	55€*
8 lessons	400€*	360€*
12 lessons	480€*	430€*

*the indicated price has to be split between the 2 people.



GYMLAB PERSONAL TRAINING STUDIO

GINNASTICA POSTURALE

Migliora la tua postura, movimento, equilibrio e
propriocezione.

Mini classi di 6 persone.

MARTEDÌ E GIOVEDÌ
ORE 10:00

VIALE DEGLI ASTRI 24 ROMA - EUR

PER MAGGIORI INFORMAZIONI:
+39 3938265690

(Tuesday – Thursday 13:00 hrs)

- **6** people class ~~100€~~ **90€** x month



To benefit from the dedicated promotion, Coop members have to show their valid FAO Staff Coop membership card at the desk (those who do not have it can email us a tfao-staff-coop@fao.org, attaching their picture)



<https://www.gymlabpt.com/>

more info: gymlabsrls@hotmail.com / +39 393 826 5690

GYM LAB PERSONAL TRAINING STUDIO

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*Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties who respond directly to clients.