

Program MOOSE		
Number of persons	Timing	Price including commuting in Prague
individual training	60 min	800 CZK
2-5 persons	60 min	1 550 CZK
6-9 persons	60 min	1 950 CZK
10 or more pers. (adding the 2nd coach to the group)	60 min	250 CZK/each extra pers.
Characteristics of training		
Focus by your choice or mix		Training activities
BURN-IT		Run
BALANCE-IT		Functional training
SHAPE-IT		Body forming
PUMP-IT		TRX
STRETCH-IT		Flexibility training
HEAL-IT		Rehabilitation exercise
Price list of other services within the workplace		
With a minimum number of 3 people	Timing	Price/person
nutritional guidance and body composition analysis	90 min	1 500 CZK
physiotherapist examination	60 min	750 CZK
individual consultation	60 min	650 CZK
Health day (lecture - nutrition and lifestyle, sports lesson and body composition analysis)*	3,5 hrs.	490 CZK
commuting outside Prague	1 km	4 CZK

***Min. in. 10 persons – Health day is led by a sports specialist and nutritionist, body composition analysis on InBody 270 in the value of 160 thous. CZK for a fee of 300 CZK/person.**