



Program content FUNCTIONAL TRAINING	DEER	RAINDEER	MOOSE
	10+1 lessons	15+1 lessons	20+1 lessons
consultation 30 min	✓	✓	✓
free trial lessons 60 min	✓	✓	✓
recondition session with physiotherapist 60 min	✓	✓	✓
Price for individuals			
price without purchasing advantageous program	8 250 CZK	12 000 CZK	15 750 CZK
price after purchasing advantageous program	7 450 CZK	10 250 CZK	12 600 CZK
Price for groups*			
2 persons	4 000 CZK/pers.	5 700 CZK/pers.	7 300 CZK/pers.
3-5 persons	3 250 CZK/pers.	4 650 CZK/pers.	5 900 CZK/pers.
6-9 persons	2 750 CZK/pers.	3 900 CZK/pers.	5 000 CZK/pers.
10 or more (adding the 2nd coach to the group)	2 500 CZK/pers.	3 600 CZK/pers.	4 600 CZK/pers.

****The price of group programs includes a free trial lesson, training equipment, and transport costs.***

Price of online programs	10+1 lessons (60 min)
1 person	4 500 CZK
2 persons	2 800 CZK/pers.
3-5 persons	1 900 CZK/pers.
6-9 persons	1 500 CZK/pers.
10 and more persons	1 200 CZK/pers.

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Program content RUN	DEER	RAINDEER	MOOSE
	10+1 lessons	15+1 lessons	20+1 lessons
consultation 30 min	✓	✓	✓
free trial lessons 60 min	✓	✓	✓
recondition session with physiotherapist 60 min	✓	✓	✓
Price for individuals			
price without purchasing advantageous program	8 250 CZK	12 000 CZK	15 750 CZK
price after purchasing advantageous program	7 450 CZK	10 250 CZK	12 600 CZK
Price for groups*			
2 persons	4 000 CZK/pers.	5 700 CZK/pers.	7 300 CZK/pers.
3-5 persons	3 250 CZK/pers.	4 650 CZK/pers.	5 900 CZK/pers.
6-9 persons	2 750 CZK/pers.	3 900 CZK/pers.	5 000 CZK/pers.
10 or more (adding the 2nd coach to the group)	2 500 CZK/pers.	3 600 CZK/pers.	4 600 CZK/pers.

****The price of group programs includes a free trial lesson, training equipment, and transport costs.***

Price of online programs	10+1 lessons (60 min)
1 person	4 500 CZK
2 persons	2 800 CZK/pers.
3-5 persons	1 900 CZK/pers.
6-9 persons	1 500 CZK/pers.
10 and more persons	1 200 CZK/pers.

Program content CROSS COUNTRY AND ALPINE SKIING	DEER	RAINDEER	MOOSE
	10+1 lessons	15+1 lessons	20+1 lessons
consultation 30 min	✓	✓	✓
free trial lessons 60 min	✓	✓	✓
recondition session with physiotherapist 60 min	✓	✓	✓
Price for individuals			
price without purchasing a beneficial program	8 250 CZK	12 000 CZK	15 750 CZK
price after purchasing a beneficial program	7 450 CZK	10 250 CZK	12 600 CZK
Price for groups*			
2 persons	4 000 CZK/pers.	5 700 CZK/pers.	7 300 CZK/pers.
3-5 persons	3 250 CZK/pers.	4 650 CZK/pers.	5 900 CZK/pers.
6-9 persons	2 750 CZK/pers.	3 900 CZK/pers.	5 000 CZK/pers.
10 or more (adding the 2nd coach to the group)	2 500 CZK/pers.	3 600 CZK/pers.	4 600 CZK/pers.

**The price of group programs includes a free trial lesson, training equipment, and transport costs.*

Price for course of cross country and alpine skiing*	1/2 day	1 day	weekend
1 person	1 900 CZK	2 900 CZK	6 000 CZK
2 persons	1 400 CZK/pers.	2 000 CZK/pers.	4 000 CZK/pers.
3-5 pers.	1 100 CZK/pers.	1 600 CZK/pers.	3 000 CZK/pers.
6-9 pers.	850 CZK/pers.	1 300 CZK/pers.	2 500 CZK/pers.
10 or more pers. (adding the 2nd coach to the group)	750 CZK/pers.	1 000 CZK/pers.	2 250 CZK/pers.

**The price of programs and courses does not include the cost of cable car passes.*

The course is including 2,5 hours of morning and 2,5 hours of afternoon training. Individual agreement available.

Transportation available upon agreement (price according to distance and number of persons).

Program content SWIMMING	DEER	RAINDEER	MOOSE
	10+1 lessons	15+1 lessons	20+1 lessons
consultation 30 min	✓	✓	✓
free trial lessons 60 min	✓	✓	✓
recondition session with physiotherapist 60 min	✓	✓	✓
Price for individuals			
price without purchasing advantageous program	8 250 CZK	12 000 CZK	15 750 CZK
price after purchasing advantageous program	7 450 CZK	10 250 CZK	12 600 CZK
Price for groups*			
2 persons	4 000 CZK/pers.	5 700 CZK/pers.	7 300 CZK/pers.
3-5 persons	3 250 CZK/pers.	4 650 CZK/pers.	5 900 CZK/pers.
6-9 persons	2 750 CZK/pers.	3 900 CZK/pers.	5 000 CZK/pers.
10 or more (adding the 2nd coach to the group)	2 500 CZK/pers.	3 600 CZK/pers.	4 600 CZK/pers.

****The price of group programs includes a free trial lesson, training equipment, and transport costs.
The listed prices do not include entrances or rentals of swimming lanes in the pool.***

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.**