

AT YOUR VILLA,
HOTEL OR RESIDENCE

PRIVATE PERSONAL TRAINING

Strength • Mobility • Flow • Recovery

Personalised private training in Saint-Martin & Sint
Maarten, designed around your goals, level and energy.



MY APPROACH

My One-to-One coaching is tailored to your goals, abilities and how you feel each day.

I combine strength training, mobility and functional movement to improve the way you move, develop your physical performance and build confidence.

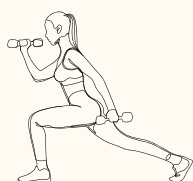
No fixed routines. Just thoughtful, personal coaching.

RATES

Private session € 130
(60 min · 1 person)

Additional guest + € 50 / person

All training equipment provided.



STRENGTH

Build strength,
power and
confidence.



MOBILITY

Improve mobility,
range of motion
and ease of
movement.



FLOW

Move with control,
coordination and
fluidity.



RECOVERY

Recover better,
release tension and
reset.

YOUR SESSION, YOUR WAY.
LET'S PLAN YOUR PRIVATE SESSION.

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