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.

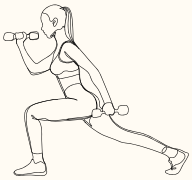
I combine strength training, mobility and functional movement to improve the way you move, develop your physical performance and build confidence.

No fixed routines. Just thoughtful, personal coaching.

RATES

Private session (60 min · 1 person)	€ 130
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.
+590 690 70 76 50
@MANJACOACHSXM