

Detailed Private Class Info

Enquiries: 2966 1346 (Valley Gym) / 2966 1355 (Hilltop Gym) / 2966 1257 (Valley Pool) / 2966 1304 (Sports Complex)

GYM PERSONAL TRAINING					TABLE TENNIS COACHING	
Personal Training By Appointment Valley Gym / Hilltop Gym			Private Fitness Class By Appointment Valley Gym / Hilltop Gym		Table Tennis Coaching By Appointment Lower Studio or Squash Court	
Personal Training	Coach	Senior Trainer	Private Fitness Class	Senior Trainer	Private	Fee
1 Hour	HK\$940	HK\$1,080	1 Hour (5 persons in maximum):	HK\$1,850	Private	HK\$680 per hour
5 Hours	HK\$4,500	HK\$5,290	1 Hour (10 persons in maximum):	HK\$2,600		
10 Hours	HK\$8,850	HK\$10,370				
20 Hours	HK\$16,500	HK\$20,300				
Semi-Private	Coach	Senior Trainer			Semi-Private	Fee
1 Hour	HK\$1,000	HK\$1,295			2 players	HK\$350 per person per hour
5 Hours	HK\$4,900	HK\$6,350				
10 Hours	HK\$9,600	HK\$12,430				
20 Hours	HK\$18,800	HK\$24,350				