

Personal Training Price List


Session Times	30mins	45mins	60mins
1 Specific Body Part or Pad Training or Fitness Age	✓	✓	✓
Training + Stretching + Massage		✓	✓
Full Cross Training + Stretching + Massage			✓
Non- Members	\$70	\$80	\$90
Members Special	\$60	\$70	\$80

Club Membership Price List

Membership Terms	20 visits	6 months	12 months
Joining Fee	\$49	\$49	\$49
Group Classes	✓	✓	✓
Gym	✓	✓	✓
Sauna & Spa	✓	✓	✓
Free Dragon DVD & T-shirt		✓	✓
Free Personal Training (60mins)			✓
Direct Debit			✓ \$49 per fortnight
Total Upfront Pricing	\$399	\$699	\$1200 SAVE
Average Pricing Per Visit*	\$20	\$7 * Using 4 days visit per week	\$5 BEST DEAL

TONE UP, LOSE WEIGHT & GET FIT

Believe Practice & Achieve



DRAGON
HEALTH & FITNESS

Kickboxing
Boxing
Muay Thai
Core stability training
Weight training
Pre/post natal
Weight loss
Circuits

Level 2, 30 Leeds St
Footscray VIC 3011 | 1291 Wahorn Rd MALVERN VIC 3022
0401 187 035 | dadragonie@gmail.com | www.dragonhealthandfitness.com.au

TONE UP, LOSE WEIGHT & GET FIT

TĂNG CƠ BẮP - GIẢM CÂN - CẢI ĐỔI THỂ HÌNH

Believe Practice & Achieve



DRAGON
HEALTH & FITNESS

Kick boxing
Muay Thai
Boxing
Acrobatic
Core Stability training
Pre/post natal
Weight loss
Kids Self-Defence
Women's Kickboxing

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DRAGON
HEALTH & FITNESS
0401 887 035

Group Fitness Classes

Allocated for Personal Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Fitness Boxing		Fitness Kickboxing		
8:00am						
9:00am						
10:00am						
11:00am						
12:00pm						12pm Boxing
12:30pm		Ab Class (30mins)		Ab Class (30mins)	Back Care * (30mins)	
1:00pm	Muay thai	Boxing	Muay thai	Boxing	Leg Blast *	Muay thai
2:00pm						
3:00pm						
4:00pm						
5:00pm	Teens Self-defence	Girls Self-defence	Teens Self-defence			CLOSE
6:00pm	Boxing Circuit	Boxing	Boxing Circuit	Boxing	Medicine Ball (30mins)	
					Ab Class (30mins)	
7:00pm	Kickboxing	Muay thai L1*	Kickboxing	Muay thai L1*	CLOSE	
8:00pm	CLOSE	CLOSE	CLOSE	CLOSE		



Paul Nam Le – Personal Trainer

Cert III, Cert IV, AIF Master Trainer, Reg. FL, First Aid, Reg.
Pro Boxing / Kickboxing trainer, Pre & Post natal, Back care,
Rehabilitation, Cables & Swiss ball level 2.

Specialised in: Self-defence, weight management, Muay thai,
Body sculpturing, training for all ages.

BE TRAINED BY THE BEST



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