

## 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	\$80	\$90	\$99
Members Special	\$70	\$80	\$90

## 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			✓ \$59 per fortnight
Total Upfront Pricing	\$399	\$799	\$1440 <b>SAVE \$158</b>
Average Pricing Per Visit*	\$20	\$7 * Using 4 days visit per week	\$5 <b>BEST DEAL</b>

**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 Malvern Rd MALVERN VIC 3022  
0401 887 035 | dadragenie@gmail.com | www.dragonhealthandfitness.com.au

**TONE UP, LOSE WEIGHT & GET FIT**

TĂNG CƠ BẮP - GIẢM CÂN - CẢI ĐỔI THỂ HÌNH

Believe Practice & Achieve

Tự tin  
Luyện tập  
& Hiệu quả

**DRAGON**  
HEALTH & FITNESS

Kick boxing  
Muay Thai  
Boxing  
Core stability training  
Pre/post natal  
Weight loss  
Kids Self-Defence  
Womens Kickboxing

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and Achieve



☐ 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						
1:00pm	Muay thai	Boxing	Muay thai	Boxing		Muay thai
2:00pm						
3:00pm						
4:00pm						
5:00pm		Teens Self-defense			Teens Self-defense	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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