



SPORTS &  
SHOOTING CLUB  
DUBAI

# YOUR PERSONAL FITNESS JOURNEY BEGINS

Offering comprehensive support to help you achieve your fitness goals, our expert trainer provides customised plans that fit your needs.



WEIGHT  
LOSS



MUSCLE  
GAIN



STRENGTH  
TRAINING



SPORTS-SPECIFIC  
TRAINING



NUTRITIONAL  
GUIDANCE



CROSSFIT  
TRAINING

## COURT BOOKINGS

|             | PRICE  | INCLUDES                                                             |
|-------------|--------|----------------------------------------------------------------------|
| 1 Session   | ₹ 350  | Personal training session                                            |
| 5 Sessions  | ₹ 1500 | Personal training sessions                                           |
| 10 Sessions | ₹ 3000 | Consultation and meal plan                                           |
| 16 Sessions | ₹ 4800 | Consultation and meal plan by blood & hormone test                   |
| 20 Sessions | ₹ 6000 | Consultation, meal plan by blood & hormone test, pool & beach access |

### PAVEL GLOBA

CERTIFIED PERSONAL TRAINER

Pavel is a certified Personal Trainer with years of experience helping clients achieve their fitness goals. His qualifications include EBBF, IFBB, PN1, and myofascial release. Pavel's training philosophy focuses on health, proper movement, injury prevention, and improving everyday performance.

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