



COACHING WITH ASHISH

✓ CERTIFIED FITNESS & NUTRITION COACH

Pricing & Programs — Brussels · Mechelen · Antwerpen

1 Corporate Employee Programs

For 9-5 professionals, new to training.

OPTION A

Foundations Program

Never trained before? Start here.

- ✓ 4 months · 14 sessions total
- ✓ Free, no-obligation assessment session
- ✓ Month 1: 8 sessions building technique
- ✓ Months 2-4: 2 sessions/month, progress tracking
- ✓ Personalised nutrition plan, revised at month 2
- ✓ WhatsApp support in between sessions

€400

flat · 4 months

OPTION B

Structured Progress Program

Some experience? Get closer supervision.

- ✓ 3 months · 11 sessions total
- ✓ Free, no-obligation assessment session
- ✓ 10 further one-on-one workout sessions
- ✓ Personalised nutrition plan, revised at month 2
- ✓ WhatsApp support in between sessions

€300

flat · 3 months

2 Corporate Wellness Sessions

SEMINAR

Corporate Fitness & Nutrition Seminar

A 2-hour session for teams.

- ✓ Practical diet & exercise planning for busy schedules
- ✓ Live demonstration and hands-on exercise teaching
- ✓ On-site or online, for any team size

€50

per participant
2 hours



3 Group Lessons

FAT BURN

Group Fitness Classes

Small-group HIIT, resistance & yoga-based stretching.

- ✓ Every Monday (on-site, Sporthal Loerenboske)
- ✓ Every Thursday (online)
- ✓ 7:30-8:30 PM • 60 minutes
- ✓ Limited spots per session

€10
per person
per session

4 Individual Coaching

ASSESSMENT

Assessment / Trial Session

The first step in your fitness journey.

- ✓ 60-90 minutes
- ✓ Fitness assessment; trial follows if cleared to train
- ✓ Free trial available on request

€25
single session

1-ON-1

Personal Training Session

One-on-one coaching, fully tailored to you.

- ✓ 60-90 minutes per session
- ✓ +30 min free support for beginners
- ✓ Nutrition advice included free for 10+ sessions

€50
per session

BEST VALUE

10-Session Bundle

Save per session and get nutrition advice included.

- ✓ 10 sessions • 60-90 minutes each
- ✓ Nutrition advice included free
- ✓ Same beginner-friendly extra time when needed

€400
€40 / session

All plans include an initial goals & lifestyle assessment. Nutrition guidance is personalised and adjusted based on your progress — no AI-generated plans, ever. I'm also happy to bring one training partner along to a Basic-Fit session with me, even if they don't hold a Basic-Fit membership themselves.

Cash, bank transfer, or Payconiq accepted. Not VAT-registered — prices shown are final.

Cancellation & rescheduling (Corporate Employee Programs): possible for valid reasons (e.g. accident, relocation, or if you're not happy with the program). Sessions already delivered are not refunded — only the price of remaining, unused sessions is refunded.

Results vary based on individual effort and consistency. Please consult your doctor before starting if you have pre-existing conditions.



MESSAGE ME ON WHATSAPP

No obligation — just an honest chat

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