



PMYC SPORTS CLUB

GYM MEMBERSHIP RATES

Peak 06:00 - 22:00	
1 YEAR	€ 420
6 MONTHS	€ 225
3 MONTHS	€ 125
1 MONTH	€ 47
1 WEEK	€ 18
1 DAY	€ 8

Peak 06:00 - 17:00	
1 YEAR	€ 325
6 MONTHS	€ 180
3 MONTHS	€ 99
1 MONTH	€ 38
1 WEEK	€ 12
1 DAY	€ 7

Off-Peak 06:00 - 17:00	
1 YEAR	€ 325
6 MONTHS	€ 180
3 MONTHS	€ 99
1 MONTH	€ 38
1 WEEK	€ 12
1 DAY	€ 7

FITNESS RATES

ZUMBA	
Zumba per class	€ 10
Zumba per month	€ 38
ORIENTAL DANCE	
Oriental Dance per class	€ 10
Oriental Dance per month	€ 50
YOGA	
Yoga per class	€ 10
Yoga/ 2x per week	€ 55
Yoga/ 3x per week	€ 75
PILATES	
Pilates per class	€ 8
Pilates per month	€ 50
HIIT- HIGH INTENSITY INTERVAL TRAINING	
HIIT per class	€ 8
HIIT 2x per week	€ 50
STRETCHING	
Stretching per class	€ 10
Stretching 8 classes per month	€ 50
Stretching private sessions	€ 50
STEP AEROBIC	
Step Aerobic per class	€ 8
Step Aerobic per month	€ 50
SQUASH	
Squash booking/hour (max 3 persons)	€ 10
Squash booking fee/30 (max 3 persons)	€ 7
10 hours per month (max 3 persons)	€ 70
10 classes in pairs with coach/per month	€ 120
Individual class with coach	€ 18
BOWLING	
Booking fee per person	€ 5
TABLE TENNIS	
Table tennis fee per hour	€ 6
10 hours per month	€ 40
FREEZE AND CHANGE	
Freeze your membership for 7 days	€ 5
Freeze your membership for 1 month	€ 15
Freeze your membership for 3 months	€ 25
Fitness program change	€ 20

1. ADDITIONAL GYM FEE €15

- Bowling space available: events, parties, team building
 - A €40 will be charged for damage to rackets and €5 for membership card buying or replacements
 - Renting squash and table tennis equipment is free of charge
 - Open gym is included in monthly gym membership
 - *PRIVATE CLASSES - available by request
 - *FITNESS ROOM RENT - available by request
- Contact scbookings@portomontenegro.com

*Please be informed all members need to purchase Membership access card (cost of the card is €6).

BOOKING RATES

GEOFF HARPER	
Personal gym training	€ 45
Gym personal training/ 10 classes per month	€ 400
ANASTASIA SALANGI	
Fitness private session/ per hour	€ 35
Fitness semi-private session/per hour	€ 40
Fitness trio session / 55min	€ 45
DJURO	
Personal gym training	€ 35
Gym personal training/8 classes per month	€ 260
Gym personal training/12 classes per month	€ 360
Gym personal training/16 classes per month	€ 450
Duo personal training per class	€ 50
Duo personal training/8 classes per month	€ 380
Duo personal training/12 classes per month	€ 540
Duo personal training/16 classes per month	€ 650
Individual boxing training/ per class	€ 40
SANDRA	
Classes rates for Functional training	
1 class	€ 40
8 classes	€ 300
12 classes	€ 420
16 classes	€ 480
Duo Functional	€ 50
8 Duo per month	€ 380
12 Duo per month	€ 540
Mat Pilates and Mobility training	
1 class	€ 40
8 classes	€ 300
12 classes	€ 420
16 classes	€ 480
Duo	€ 50
8 Duo per month	€ 380
12 Duo per month	€ 540
Reformer	
1 class	€ 45
8 classes	€ 320
12 classes	€ 420
MILENA	
Personal Gym training	€ 35
Gym personal training/ 8 classes per month	€ 260
Gym personal training/ 12 classes per month	€ 360
Duo personal training per class	€ 45
Duo personal training/ 8classes per month	€ 340
Duo personal training/12 classes per month	€ 460

TENNIS RATES

STEFAN	PEAK TIME	OFF-PEAK TIME
	06:00 - 11:00 / 18:00 - 22:00	11:00 - 18:00
Court	€ 35 / 55min	€ 35 / 55min
Hitting practice	€ 35 / 55min	€ 35 / 55min
Duo private lesson	€ 40 / 55min	€ 40 / 55min
5 private lessons per month	€ 150 / 55min	€ 150 / 55min
5 hitting sessions per month	€ 150 / 55min	€ 150 / 55min
5 duo private lessons per month	€ 175 / 55min	€ 175 / 55min

ZORAN	PEAK TIME	OFF-PEAK TIME
	06:00 - 11:00 / 18:00 - 22:00	11:00 - 18:00
Private session	€ 35 / 55min	€ 35 / 55min
Hitting practice	€ 38 / 55min	€ 38 / 55min
Duo private lesson	€ 40 / 55min	€ 40 / 55min
5 private lessons per month	€ 155 / 55min	€ 155 / 55min
5 hitting sessions per month	€ 170 / 55min	€ 170 / 55min
5 duo private lessons per month	€ 180 / 55min	€ 180 / 55min

ANASTASIA SALANGI	PEAK TIME
	06:00 - 11:00 / 18:00 - 22:00
Private session	€ 35 / 55min
Semi-private session	€ 40 / 55min
Trio session	€ 45 / 55min
Adult group	€ 70 / 55min

BOJAN	PEAK TIME
	06:00 - 11:00 / 18:00 - 22:00
Court	€ 50 / 55min
Hitting	€ 50 / 55min
Duo private lessons	€ 60 / 55min
10 private lessons	€ 450 / 55min
10 hitting sessions	€ 450 / 55min
10 duo private lessons	€ 500 / 55min

Tennis Junior group	€ 60 / monthly
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COURT RENTAL	OUTDOOR COURTS	INDOOR COURT	PADEL COURT	
PEAK TIME 18:00 - 22:00	€ 13 / 55min	€ 15 / 55min	€ 12 / 55min	€ 16 / 1h25min
OFF-PEAK TIME 07:00 - 18:00	€ 10 / 55min	€ 15 / 55min		

NOTE: Only full hour bookings allowed (e.g. 07:00-08:00, 18:00-19:00)

*Tennis balls 3 pack - € 6 | *Tennis racket rental - € 3 per hour | *Tennis racket overgrip tape - € 2 | *Tennis racket vibration dampener - € 3

CANCELLATION POLICY

Cancellation of both tennis class and court rental must be done at least 5 hours before your scheduled session via scbookings@portomontenegro.com. Failure to do so will result in a fully charge of the booked fee.

OUTDOOR ACTIVITIES

LASER CLAY SHOOTING	
Per person	€ 3 / 10min

BEACH GYM	
Daily pass	€ 6
Monthly pass	€ 36
Group session daily	€ 5
Group session monthly	€ 40
Volleyball court rent	€ 10

ARCHERY	
Private lesson	€ 25 / 55min
Group - 8 lessons	€ 60 / 55min

BEACH TENNIS	
Court rent	€ 15 / 55min
Private session	€ 35 / 55min
Small group	€ 70 / 55min

LAWN GAMES (<i>Giant Chess, Giant Jenga, Petanque, Dominos, Four-in-a-row, Badminton, Croquet</i>)	
Per hour for all games	€ 5

BEACH VOLLEYBALL	
Court rent	€ 25 / 1h