



PMYC SPORTS CLUB

MEMBERSHIP RATES

GYM	
1 YEAR	€ 400
6 MONTHS	€ 215
3 MONTHS	€ 115
1 MONTH	€ 45
1 WEEK	€ 20
1 DAY	€ 8

Anytime between 06:00 - 22:00

GYM (OFF-PEAK)	
1 YEAR	€ 320
6 MONTHS	€ 175
3 MONTHS	€ 94
1 MONTH	€ 36
1 WEEK	€ 12
1 DAY	€ 7

Anytime between 09:00 - 16:00

FITNESS RATES

YOGA	
Yoga per class	€ 7
Yoga Open level 2x per week	€ 40
Yoga Beginners 3x per week	€ 48

STOTT PILATES / TRX & RIP TRAINING / CIRCUIT TRAINING	
Stott Pilates per class	€ 5
Reformer pilates per class	€ 30
Reformer pilates/8 classes per month	€ 200
Reformer pilates/12 classes per month	€ 250
Stott Pilates per month (2xper week)	€ 40
TRX Suspension per class	€ 25
RIP Training per class	€ 25
Pilates + HIIT	€ 48

HIIT- HIGH INTENSITY INTERVAL TRAINING	
HIIT per class	€ 5
HIIT 2x per week	€ 40
HIIT 3x per week	€ 48

FULL BODY WORKOUT WITH KETTLEBELLS	
Full Body workout with Kettlebells per class	€ 5
Full body workout with kettlebells 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

SQUASH	
Squash booking/hour ³	€ 12
Squash booking fee/30 ⁴	€ 7
10 hours per month	€ 55
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

BOOKING RATES

DJURO	
Personal gym training	€ 25
Gym personal training/8 classes per month	€ 170
Gym personal training/12 classes per month	€ 250
Gym personal training/16 classes per month	€ 290
Gym personal training/20 classes per month	€ 350
Duo personal training per class	€ 30
Duo personal training/8 classes per month	€ 210
Duo personal training/12 classes per month	€ 310
Duo personal training/20 classes per month	€ 390

MIRJANA	
Personal training per class	€ 25
Personal training/8 classes per month	€ 170
Personal training/12 classes per month	€ 250

SANDRA	
Functional training per class	€ 25
Personal functional training/8 classes per month	€ 180
Personal functional training/12 classes per class	€ 250
Duo functional training per class	€ 30
Duo functional training/8 classes per month	€ 220
Duo functional training/12 classes per month	€ 300

ARTEM	
Personal training per session	€ 40
Duo personal training/ per class	€ 45
Personal training/12 classes per month	€ 300
Duo personal training/12 classes per month	€ 450

NLP & REIKI	
NLP coaching per session	€ 50
Reiki treatment per session	€ 40

1. ADDITIONAL GYM FEE €10

- 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 sbookings@portomontenegro.com

*Please be informed all members need to purchase Membership access card (cost of the card is €5).



PORTO MONTENEGRO

TENNIS RATES

	PEAK TIME 18:00 - 22:00	OFF-PEAK TIME 07:00 - 18:00
Head coach / court	€ 35 / 55min	€ 30 / 55min
Hitting partner / court	€ 40 / 55min	€ 35 / 55min
Duo private lessons with head coach	€ 40 / 55min	€ 35 / 55min
Head coach 10 private lessons	€ 270 / 55min	€ 320 / 55min
Head coach 10 hitting sessions	€ 350 / 55min	€ 320 / 55min
Head coach 10 duo private lessons	€ 350 / 55min	€ 320 / 55min

	PEAK TIME 18:00 - 22:00	OFF-PEAK TIME 07:00 - 18:00
Coach / court	€ 28 / 55min	€ 25 / 55min
Hitting partner / court	€ 28 / 55min	€ 28 / 55min
Duo private lessons with coach	€ 35 / 55min	€ 30 / 55min

COURT RENTAL	OUTDOOR COURTS	INDOOR COURT
PEAK TIME 18:00 - 22:00	€ 10 / 55min	€ 15 / 55min
OFF-PEAK TIME 07:00 - 18:00	€ 7 / 55min	€ 15 / 55min

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

JUNIOR I		
Minimum 3 kid group lessons	€ 40	8 lessons per month
3 months in advance	€ 35	24 lessons per month

PAYMENTS IN ADVANCE	PEAK TIME	OFF-PEAK TIME
5 private lessons	€ 126	€ 113
5 hitting sessions	€ 126	€ 126
5 duo private lessons	€ 155	€ 135

*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 3 hours before your scheduled session via scbookings@portomontenegro.com. Failure to do so will result in a 50% charge of the booked fee.

OUTDOOR ACTIVITIES

LASER CLAY SHOOTING	
Per person	€ 10

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

ARCHERY	
Per person	€ 15
Private lesson	€ 17
Group - 8 lessons	€ 40

GOLF DRIVING RANGE	
Golf driving range with instructor	€ 20
Golf set of clubs + 50 balls	€ 10
Additional 50 balls	€ 3

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

Sup boarding	€ 10
Aquafit	€ 10
Body balance	€ 10