



PMYC SPORTS CLUB

MEMBERSHIP RATES

GYM	
1 YEAR	€ 461
6 MONTHS	€ 243
3 MONTHS	€ 130
1 MONTH	€ 58
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	
Hatha Yoga per class	€ 7
Hatha yoga Open level 2x per week	€ 40
Hatha yoga Beginners 3x per week	€ 48

STOTT PILATES / TRX & RIP TRAINING / CIRCUIT TRAINING	
Stott Pilates per class	€ 5
Reformer Pilates per class	€ 25
Stott Pilates per month (2xper week)	€ 40
TRX Suspension per class	€ 25
RIP Training per class	€ 25
Pilates+Circuit (3xper week)	€ 48
Pilates + Circuit + HIIT	€ 55
Daily circuit training	€ 7
Monthly circuit (1xper week)	€ 28

HIIT- HIGH INTENSITY INTERVAL TRAINING	
HIIT per class	€ 5
HIIT per month	€ 40
HIIT + Circuit training (3xper week)	€ 48

FULL BODY WORKOUT WITH KETTLEBELLS	
Full Body workout with Kettlebells per class	€ 5
Full body workout with kettlebells per month	€ 40

ZUMBA	
Zumba per session	€ 7
Zumba per month	€ 48

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 €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
- 25% off to PMYC Sports Club members
- Fixed price to all clients

*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 €5).

BOOKING RATES

PRIVATE PERSONAL TRAINING	
Individual Personal gym training	€ 18
Duo Personal training	€ 25
Duo Gym Personal Training/ 8 classes per month	€ 170
Gym Personal Training/8 classes per month	€ 130
Gym Personal Training/12 classes per month	€ 175
Gym Personal Training/16 classes per month	€ 240
Duo Gym Personal Training/12 classes per month	€ 240
Gym Personal Training/20 classes per month	€ 270
Duo Gym Personal Training/20 classes per month	€ 300
Half Individual training/3 persons/12 classes per month	€ 150

ELITE COACH TRAINING	
Elite Coach per session	€ 30
Duo elite coach/ per class	€ 48
Elite Coach /8 classes per month	€ 208
Elite Coach /12 classes per month	€ 250
Duo Elite Coach/12 classes per month	€ 350
Elite Coach / 20 classes per month	€ 380

SQUASH	
Squash booking/hour ³	€ 12
Squash booking fee/30 ⁴	€ 7
Squash racquet rental ²	€ 2
Squash ball purchase	€ 3
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
Table tennis racquet rental ²	€ 1
Table tennis ball purchase	€ 1
10 hours per month	€ 40
Table tennis equipment rent per month	€ 15

RENTALS	
Towel rental	€ 1
Long term locker rental per month	€ 50



PORTO MONTENEGRO

TENNIS RATES

	PEAK TIME 18:00 - 22:00	OFF-PEAK TIME 07:00 - 18:00
Coach / court	€ 28 / 55min	€ 21 / 55min
Hitting partner / court	€ 28 / 55min	€ 28 / 55min
Duo private lessons with coach	€ 35 / 55min	€ 28 / 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	€ 36	12 lessons per month

ADULTS		
Adult Tennis group	€ 45	8 lessons per month

PAYMENTS IN ADVANCE	PEAK TIME	OFF-PEAK TIME
5 private lessons	€ 126	€ 95
5 hitting sessions	€ 113	€ 113
5 duo private lessons	€ 155	€ 126

TENNIS XPRESS COURSE		
Private lessons	9 lessons	€ 173
Group lessons (2 persons)	9 lessons	€ 130 per person

*Tennis balls 3 pack / € 8

*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.

LASER CLAY SHOOTING	
Per person	€ 10

BEACH GYM	
Daily pass	€ 6
Monthly pass	€ 50
Group session daily	€ 6
Group session monthly	€ 40
Volleyball court rent	€ 10

ARCHERY	
Per person	€ 15

GOLF DRIVING RANGE	
Golf driving range with instructor	€ 20
Golf set of clubs	€ 10

LAWN GAMES (<i>Giant Chess, Giant Jenga, Petanque, Dominos, Four-in-a-row, Badminton, Croquet</i>)	
Per hour for all games	€ 15

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