



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	
Ashtanga/Hatha Yoga per class	€ 7
Ashtanga/Hatha Yoga per month/gym(2x per week)	€ 40
Ashtanga/Hatha Yoga per month/gym (3x per week)	€ 48

STOTT PILATES / TRX & RIP TRAINING	
Stott Pilates per class	€ 5
Reformer Pilates per class	€ 25
Stott Pilates per month/gym	€ 48
TRX Suspension per class	€ 25
RIP Training per class	€ 25

HIIT- HIGH INTENSITY INTERVAL TRAINING	
HIIT per class	€ 5
HIIT per month/gym	€ 40

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

KANGOO JUMPS FITNESS	
Kangoo Jumps Fitness per class	€ 7
Kangoo Jumps Fitness per month/gym	€ 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. Bowling space available: events, parties, team building
2. A €40 euros will be charged for damage to rackets and €5 for membership card buying or replacements
3. 25% off to PMYC Sports Club members
4. 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€).

CANCELLATION POLICY

We require 3 hours cancellation notice for gym classes and personal training sessions. Please send cancellations to scbookings@portomontenegro.com. Failure to do so will result in a charge of 50% of the cost of the session.

BOOKING RATES

PRIVATE PERSONAL TRAINING	
Individual Personal gym training	€ 18
Duo Personal training	€ 20
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
Elite Coach /8 classes per month	€ 208
Elite Coach /12 classes per month	€ 250
Duo Elite Coach/12 classes per month	€ 350

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	
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	€ 25 / 55min	€ 25 / 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	€ 35	8 lessons per month

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

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.