

Price and package options for the Wellness program

First F2F Appointment with coach krrish

Includes Body Assessment+Healthy Lifestyle Advice+ Nutrition Analysis

20 min. - Free

Personal Training with coach krrish

Personal Training with coach krrish Package of 12 sessions :
Rs.30,000

- . VIP PERSONAL TRAINING PACKAGES WITH coach krrish
- Personal Training with coach krrish Package of 12 sessions : Rs.30000/-
- (Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with coach krrish -1 Month Validity for Package)

- Personal Training with coach krrish Package of 24 sessions : Rs.50000/-
- (Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with coach krrish -2 Month Validity for Package)
- Personal Training with coach krrish Package of 36 sessions: Rs.70000-
- (Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with coach krrish -3 Month Validity for Package)
- D. 12 WEEK Transformation with coach krrish - Package of 60 sessions : Rs.100000/-
- (Also Includes Complete Health Check up+ Doctors Appointment for Health assessment review + Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with -coach krrish -One time Payment/ 3 Month Validity for Package)

Group class / Bootcamp session

MINIMALIST TRANSFORMATION PACKAGES-

SMALL GROUP TRAINING BY coach krrish

a. Small Group Training with coach krrish Package of 12 sessions: Rs. 30000 /-

(Nutrition tips n Monthly Assessment with coach krrish r-1Month Validity for Package - Suitable for Someone who is trying to lose weight and get fit in minimum budget, We will conduct 3 different batches for a team of 5 Clients,)

When you make a call and book a session, You will be given first paid Appointment for complete health and fitness assessment, which I would use to design your program if you choose to continue.

Note: You will need about minimum of 3 supervised sessions per week. If you prefer fewer sessions/week, please be aware that the program may require you to train on your own.

The rates below apply from 01st January 2021 to 30th June 2021.

1 session is Equals to 1 Hour in a Day. Online Nutrition coaching is free with Personal training packages.

The average person takes about three months to achieve his/her goals, but that largely depends

On their fitness level at the start and what their goals are. You may need coaching regularly on

You're first few weeks, and only once a week after that. Each program is different, as people's requirements are different.

Online coaching

STANDARD PLAN-ONLINE

₹ 18000

12 Week Online Coaching (Customised Diet & Workout Program)

Valid for 3 months

Start Now

- Stage Wise-Customised Diet Plan-PDF
- Weekly Whatsapp Access to coach krrish
- Weekly Assessment Call With coach krrish
- Tailored Home/Gym Exercise Plan-Self Explanatory Video Links
 - Grocery Shopping Links and List-PDF
 - Healthy Cooking Video Links-PDF

- After First term Completion Renewal- 25% Discount
- Consultation Working Hours : IST 10 AM to 06 PM (Mon to Fri)
 - Language Support: English,Kannada,Hindi
- Couple Joining together will get 10 % discount- INR 32,400

VIP PLAN-ONLINE

₹29500

16 Week Online Coaching (Customised Diet & Workout Program)

Valid for 4 months

Start Now

- Stage Wise-Customised Diet Plan-PDF
- Regular Whatsapp Access to coach krrish
- Weekly Assessment Call With coach krrish
- Tailored Home/Gym Exercise Plan-Self Explanatory Video Links
 - Grocery Shopping Links and List-PDF
 - Healthy Cooking Video Links-PDF
- After First term Completion Renewal- 40% Discount
- Flexible Working Hours : IST 10 AM to 10 PM (Mon to Sat)
 - Language Support: English,Kannada,Hindi
- Couple Joining together will get 15 % discount- INR 50,000

ECONOMY PLAN-ONLINE

₹12000

6 Week Online Coaching (Customised Diet & Workout Program)

Valid for 6 weeks

Start Now

- Stage Wise-Customised Diet Plan-PDF
- Weekly Whatsapp Access to coach krrish
- Weekly Assessment Call With coach krrish

- Tailored Home/Gym Exercise Plan-Self Explanatory Video Links
 - Grocery Shopping Links and List-PDF
 - Healthy Cooking Video Links-PDF
- After First term Completion Renewal- 10% Discount
- Consultation Working Hours : IST 10 AM to 6 PM (Mon to Fri)
 - Language Support: English,Kannada,Hindi
- Couple Joining together will get 05 % discount- INR 22,800

ONE TIME PLAN-ONLINE

₹6000

Online Consultation +Customised Diet + Workout Program

Valid for one week

Start Now

- One Time Customised Diet & Workout Plan
 - 1 Assessment Call With coach krrish
 - 1 Program Induction call with coach krrish
 - 1 Week Whatsapp Access to Team
 - Grocery Shopping Links and List
 - Healthy Cooking Video Links
- Most People Need Continued Program Updated to Achieve goals
- Every Plan update & New Consultations will be Charged Extra

Virtual personal coaching

Virtual coaching PACKAGES WITH coach krrish

a. Personal Training with coach krrish Package of 12 sessions : Rs.24000

(Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with coach krrish -1 Month Validity for Package)

b. Personal Training with coach krrish Package of 24 sessions : Rs.40000

(Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with coach krrish 2 Month Validity for Package)

c. Personal Training with coach krrish Package of 36 sessions: Rs.70000

(Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with coach krrish 3 Month Validity for Package)

D. 12 WEEK Transformation with coach krrish - Package of 60 sessions : Rs.90000

(Also Includes Complete Health Check up+ Doctors Appointment for Health assessment review + Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with coach krrish One time Payment/ 3 Month Validity for Package)

Virtual coaching outside india Package

a. Personal Training with coach krrish Package of 12 sessions : 600 usd

(Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with coach krrish -1 Month Validity for Package)

b. Personal Training with coach krrish Package of 24 sessions : 1000 usd

(Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with coach krrish 2 Month Validity for Package)

c. Personal Training with coach krrish Package of 36 sessions: 1500 usd

(Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with coach krrish 3 Month Validity for Package)

D. 12 WEEK Transformation with coach krrish - Package of 60 sessions : 2000 usd

(Also Includes Complete Health Check up+ Doctors Appointment for Health assessment review + Customised Diet Chart+ Grocery List- Cooking Instructions- Weekly Assessment with coach krrish One time Payment/ 3 Month Validity e Package)