



*“A dragonnet is a regular dragon that’s smaller, so it’s like Dragon Fitness and Coaching in person, with all the fire, but Dragonnet is a little smaller in price.”*

Ally van de Pol, Head Coach

DRAGONNET PACKAGES	Dragon Type			Dragon Type		
	First 12-weeks			Subsequent months		
Package duration:	Red	Orange	Blue	Red	Orange	Blue
Service:	Red	Orange	Blue	Red	Orange	Blue
Training sessions per week	5	4	3	5	4	3
In app video feedback from your coach	Yes	Yes	-	Yes	Yes	-
Initial live 1.5 hr Health & Nutrition Consultation per month	Yes	Yes	-	-	-	-
Follow up 1 hr Health & Nutrition Consultation per month	x 2	x 1	-	x1	x1	-
Food Diary Analysis & Feedback	Weekly	Mthly	-	Weekly	Mthly	-
Online 30 minute check-in	3	3	-	1	1	-
Written Nutrition / Health Guidelines	Yes	Yes	Yes	-	-	-
Menu Planners / Starter Recipe	Yes	Yes	Yes	-	-	-
Dragonnet Introduction Pack	Yes	Yes	Yes	-	-	-
Access To All Exercise Videos	Yes	Yes	Yes	Yes	Yes	Yes
Tailored Training To Your Level & Equipment	Yes	Yes	Yes	Yes	Yes	Yes
Daily Emails & Workout Reminders	Yes	Yes	Yes	Yes	Yes	Yes
<b>Cost:</b>	<b>All prices in \$HK</b>	<b>12,500</b>	<b>7,000</b>	<b>1,500</b>	<b>4,500</b>	<b>2,600</b>
				<b>600</b>		

Add-ons:	
Extra Day’s Training	HK\$75 per session
Video Feedback	HK\$500 per month
30-minute Online Check-in	HK\$400 per session
Initial Health & Nutrition Consultation inc notes & tools – 1.5 hours	HK\$1,300
Follow up nutrition / health session inc notes & tools – 1 hour	HK\$1,000
Food Diary Analysis	HK\$400 @ feedback
Menu Planner / Starter Recipes	HK\$500

**What about equipment?**  
 Programmes are tailored for the equipment that you have right now. To get the most out of Dragonnet, We recommend you have some dumbbells, TRX and bands at the very least, but we can also give you bodyweight workouts plus also training in a full gym. We are very happy to help you with your shopping list if you need (Decathlon online is a great start!)