



D.N.G.
Fitness
& Personal Training
m. 9989 4373

HORMONAL BALANCE SERVICES

PRIVATE CONSULTATION

€25 for 30 mins /€40 for 60 mins

HORMONE NUTRITION CONSULTATION & MASTER CLASS

€75

What type of food burner you are?
How to eat according to your metabolic burner type.
Meal recipe ideas for - Breakfast, Lunch, Dinner & Shakes
How to build your own plate based on your burner type.
How to heal your gut.
Brain Boosters to improve memory, mood & mental clarity.
Sneaky ingredients to avoid that effect your Hormones.
Anti-Inflammatory Smoothie Recipes.
Blood Sugar Tricks to keep your Insulin under control.
Supplement Cheat Sheet

PERSONAL TRAINING for HORMONAL BALANCE

€850 paid in full
€995 with payment plan

16 week program divided into 4 phases
Hormone Nutrition Consultation & Master Class included
Includes 2 sessions a week
Sessions are 40 mins long
Follow steps according to each phase in your monthly cycle

METABOLIC HORMONAL REBOOT GROUP CLASSES

40 mins

1 Class Per Week X 1 Month = €40
1 Class Per Week X 2 Months = €75
2 Classes Per Week X 2 Months = €75
2 Classes Per Week X 2 Months = €145
Single Session = €12

HORMONAL REBOOT MEMBERSHIP

€75 per month

(minimum of 6 months subscription)
Access to all my learning modules covering each Hormone topic
Understanding hormone basics on the body
Lifestyle strategies to support your Hormones
How to become your own hormone detective & understand your bodies symptoms
Monthly group coaching call for support

74 Fleur De Lys Road, Birkirkara
+356,99894373 dngpersonaltraining@gmail.com