

Fitness

With Jordan and Rodrigo, experience personalised coaching that combines performance, energy, and motivation. Jordan, a multiple French champion and nutrition expert, specialises in electrostimulation, while Rodrigo, a triathlete and CrossFit coach, makes every session intense yet accessible to all.

WiemsPro Electro-Stimulation

Electrostimulation is a personal fitness concept using electro-muscular stimulation. This method employs low-frequency impulses to dynamically contract your muscles.

Private session

5 sessions

45 minutes - 150€

600€

Flexibility Course Stretching

Private session

Additional participant

60 minutes - 140€

70€

Personalised Coaching

Private session

Additional participant

4 or more participants

60 minutes - 170€

60€

300€

Pilates Classes

Private session

Pilates Reformer session

Additional participant

4 or more participants

60 minutes - 170€

190€

60€

300€

