

BBETTER SARL

PERSONAL TRAINING (6/12 MONTHS)



1X / WEEK
105€ EXCL. VAT /
SESSION



2X / WEEK
90€ EXCL. VAT /
SESSION



3X / WEEK
80€ EXCL. VAT /
SESSION

LIFESTYLE COACHING (6/12 MONTHS)



1X / WEEK
165€ EXCL. VAT /
SESSION



2X / WEEK
145€ EXCL. VAT /
SESSION



3X / WEEK
125€ EXCL. VAT /
SESSION

SPORTS THERAPIE (6/12 MONTHS)



1X / WEEK
115€ EXCL. VAT /
SESSION



2X / WEEK
100€ EXCL. VAT /
SESSION



3X / WEEK
90 € EXCL. VAT /
SESSION

BBETTER S.À.R.L.

PERSONAL TRAINING



SINGLE SESSION
125€ EXCL. VAT



COACHING AT HOME
+20% HT



10-SESSION-PASS
110€ EXCL. VAT / SESSION

NUTRITION COACHING (6/12 MONTHS)



395€ EXCL. VAT / MONTH

Personal Training

By BBETTER S.à.r.l.

contact@bbetter.lu

www.bbetter.lu

Change begins in training and ends at the table!
Preventive strengthening for healthy aging.

1:1 Guided sessions

- Individually adapted
 - Private gym
 - Mobility improvement
 - Supervision by certified trainers
 - Evidence-based methods
 - Improvement of form and technique
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Nutrition coaching

- Feedback-driven adjustments
 - Muscle gain / fat loss / health optimization
 - Flexible, non-restrictive approach
 - Nutrition log
-

“InBody” body composition analysis

- Medical-grade quality
 - At least 1x / month
 - 20-minute evaluation meeting
 - 46 health parameters measured
 - Foundation for personalized training
-

Kierperpraxis
37, Grand-Rue L-4393 Pontpierre

Sports Therapie

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**Pre-operative / Post-operative / Alternative therapy / Sport-specific /
Rehabilitation / Health optimization**

1:1 Guided sessions

- Pain relief
 - Improved mobility
 - Relapse prevention
 - Supervision by certified sports therapist
 - Individual adaptation
-

Coordinated collaboration with health professionals

- Analysis of medical records
 - Exchange with treating specialists
 - Integration into the BBETTER health network
 - Detailed and progressive planning
-

“InBody” body composition analysis

- Medical-grade quality
 - 20-minute evaluation meeting
 - 46 health parameters measured
 - Local muscle development analysis
 - Basis for an individualized training concept
 - Up to 2x per month
-

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Lifestyle Coaching

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The most comprehensive coaching service in Luxembourg:

An all-inclusive coaching program that goes far beyond sport and nutrition, offering an entirely new quality of life.

All Inclusive

- 1:1 sessions
- Exclusive training room
- Nutrition coaching
- Body composition analysis “InBody”
- Access to BBETTER’s medical network
- Access to BBETTER’s wellness partners
- Access to BBETTER’s nutrition partners
- Lifestyle anamnesis
- Supplement recommendations
- “Emergency Line”
- Holiday program
- Duo or at-home training (1x/month included, no surcharge)
- Personalized shopping list
- Walking pad (free loan)
- Regular educational content (guides, recipes, tips)

Nutrition Coaching

By BBETTER S.à.r.l.

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Eat healthy, live better.

Optimize your nutrition, adapt your habits, improve your health.

Holistic nutrition coaching:

- Nutrition log
 - Complete nutrition anamnesis
 - Supplement recommendations
 - 2x Check-up each month
 - Individual nutrition plan & follow-up
-

Praticability

- Adjusted to your everyday life
 - Personalized shopping list
 - Flexible & non-restrictive
 - Realistic & sustainable results
-

“InBody” body composition analysis

- Medical-grade quality
 - 20' evaluation meeting
 - Up to 2x per month
 - Phase angle → adjust micronutrients
 - BMR → precise goal setting
 - Systemic inflammation markers
-

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PARTNER NETWORK



BBETTER S.à.r.l.



MEDICAL

- General practitioner
- Orthopedist
- Osteopath
- Physiotherapist
- Psychologist
- Psychotherapist



WELLNESS

- Masseur
- Mindfulness Coach
- Yoga
- Pilates

NUTRITION

- Nutritionist
- Supplement partner
- Meal prep service



GENERAL TERMS & CONDITIONS



All sessions last at least 60 minutes



Sessions not canceled at least 24h in advance
→ 100% charged



Monthly payment in advance, no later than
the 5th of each month



Home training available: +20% excl. VAT



Duo or small group training: -50% discount per
additional person



All prices are exclusive of VAT