



Service List

Drop In Session

Check out the opening hours displayed in the window (change from week-to-week) and pop-in for any of the following:

- Some quick nutrition questions or queries
- If you're interested in any of the bookable services - we will discuss your goals, help you choose the option that best suits your needs and arrange a time to start your journey

InBody Body Composition Analysis

This should be booked & paid for in Sports Booking and includes the following:

- A Bioelectrical Impedance Analysis (BIA) measuring key metrics like muscle mass, body fat, visceral fat and body water
- An explanation of your results with basic recommendations on anything that could be improved

Price 15€

NutriBalance Action Plan

This is a follow-up to the InBody Body Composition Analysis & should be booked and paid for in Sports Booking or directly at the NutriBalance office during drop-in hours. It includes the following:

- 45-minute consultation where we will go into more detail on your InBody results and work through personalised strategies that can help you to improve your body composition for better health, performance or other individual goals
- Written nutrition and lifestyle plan created based on individual needs sent by email

Price 45€

Starter Nutrition Package

This should be booked & paid for in Sports Booking or directly in the NutriBalance office during drop-in hours and consists of the following:

- Pre-consultation form to be filled out in advance, including questions about current lifestyle & diet
- 60-minute consultation to go deeper into the answers provided in the pre-consultation form
- Written nutrition and lifestyle plan created based on individual needs, sent by email

Price 99€

Basic Nutrition Package

This should be booked & paid for in Sports Booking or directly in the NutriBalance office during drop-in hours and consists of the following:

- Everything in the starter package
- 30-minute follow-up consultation online to talk through the nutrition/ lifestyle plan
- 30-minute follow-up consultation online 1-2 months later to discuss progress and make any modifications to the plan if necessary

Price 199€

Premium Nutrition Coaching Package

If you would also like ongoing nutritional and lifestyle support to keep you accountable, this is your package:

- Everything in the basic package
- Weekly or bi-weekly check-ins (dependant on needs) to assess progress and adjust plan as necessary

For more information and prices please send an email to nutribalance@clublasanta.com or pass by during the drop-in hours.

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NUTRIBALANCE

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