



PERFORMANCE TRAINING

Fit Labs brings a refined, science-led approach to performance and wellness. Founded by Ali and Nathalie Malik, Fit Labs combines intelligent training, recovery, and nutrition within a calm, private setting. Each programme is entirely personalised, aligning movement, mindset, and lifestyle to create lasting results.

INDIVIDUAL COACHING

Personal Training · 1 Hour

AED 1,000

Performance Assessment · 1 Hour

AED 1,200

PARTNER COACHING · FOR 2 PERSONS

Designed for couples, friends or family training together.

Personal Training · 1 Hour

AED 1,300

PRIVATE TRAINING PACKAGES

For flexible scheduling, travel ease, or gifting

Packages	Individual	Partner
10 Sessions	AED 9,500	AED 12,350
24 Sessions	AED 22,800	AED 29,600
36 Sessions	AED 32,500	AED 43,200
48 Sessions	AED 40,800	AED 55,200

PERFORMANCE PROGRAMS

For clients seeking structured coaching with personalised training, recovery, and nutrition for measurable 12-week results.

Packages	Individual	Partner
2 Sessions per Week · 24 Sessions	AED 22,800	AED 29,600
3 Sessions per Week · 36 Sessions	AED 32,500	AED 43,200
4+ Sessions per Week · 48 Sessions	AED 40,800	AED 55,200