



OUR ARENA

€30 per week

2 x Small Group Training

YOUR ARENA

€40 per week

3 x Small Group Training

THE ARENA

€50 per week

Unlimited Access to Everything

All our Memberships come with

*Custom Training and Nutrition Plan on your own One Arena app

*Monthly Assessments

*Access to the One Arena Resource Guide

*Access to Online Support Group

All Memberships come with a minimum term of two months and have an initial registration fee of €29

Club Vitae Memberships and bespoke packages are available on request.

CLASS Membership

2 Classes Per Week €16

Unlimited Classes €25

Add Classes to any plan for €5

JOIN *THE* MOVEMENT

Two Locations, One Arena.

4 Swan's Nest Business Park | Pouladuff | Co. Cork |
Club Vitae | Lapps Quay | Co. Cork |
0877569826 | www.onearena.ie

