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| Package Name | Price | Includes |
| Single PT | £30 | Free 15 min consultation  **1 hour one- to- one**  Personalised training session |
| Buddy PT | £35 | Free 15 min consultation  **Train with a buddy**  Personalised training session |
| At Home PT | From £35 | Free 15 min consultation  **1 hour one-to-one** personalised training session at your home. |
| Bronze  Bronze Buddy | £135  £155 | Free 30 min consultation  **5 PT sessions** |
| Silver  Silver Buddy | £250  £280 | Free 30 min consultation  **10 PT sessions**  Before and after consultations and body analysis |
| Gold | £300 | Free 30 min consultation  **12 PT sessions**  Before and after consultations and body analysis |
| Diet Plan | £50 | Free 30 min consultation  Nutritional analysis  **6 week personalised diet plan**  Online support throughout |