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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. |
| BronzeBronze Buddy | £135£155 | Free 30 min consultation**5 PT sessions** |
| SilverSilver 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 consultationNutritional analysis**6 week personalised diet plan**Online support throughout |