

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