

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	£135	Free 30 min consultation 5 PT sessions
Bronze Buddy	£155	
Silver	£250	Free 30 min consultation 10 PT sessions Before and after consultations and body analysis
Silver Buddy	£280	
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
Personalised Home Workout	£10 per workout	Personalised workout for you to follow at home/the gym. No equipment required.