

Package Name	Price	Includes
Single PT	£35	Free 15 min consultation 1 hour one- to- one Personalised training session
Buddy PT	£40	Free 15 min consultation Train with a buddy Personalised training session
Bronze	£160 (£32 per session)	Free 30 min consultation 5 PT sessions
Bronze Buddy	£185 (£37 per session)	
Silver	£310 (£31 per session)	Free 30 min consultation 10 PT sessions Before and after consultations and body analysis
Silver Buddy	£360 (£36 per session)	
Gold	£360 (£30 per session)	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

Packages are valid for 6 months from date of purchase