

Package Name	Price	Includes
Single PT	£40	Free 15 min consultation <b>1 hour one- to- one</b> Personalised training session
Buddy PT	£45	Free 15 min consultation <b>Train with a buddy</b> Personalised training session
Bronze	£195 (£39 per session)	Free 30 min consultation <b>5 PT sessions</b>
Bronze Buddy	£220 (£44 per session)	
Silver	£370 (£37 per session)	Free 30 min consultation <b>10 PT sessions</b> Before and after consultations and body analysis
Silver Buddy	£420 (£42 per session)	
Gold	£420 (£35 per session)	Free 30 min consultation <b>12 PT sessions</b> Before and after consultations and body analysis
Diet Plan	£60	Free 30 min consultation Nutritional analysis <b>6 week personalised diet plan</b> Online support throughout

Packages are valid for 6 months from date of purchase and non refundable.