

FITNESS SERVICES PRICE LIST

1-2-1 Training

Single PT Session – From £60

New Client Offer – From £220

Includes 4 PT sessions plus a nutrition consultation (worth £75)

Multi-Buy PT Packages

- 4 Sessions – From £230
- 8 Sessions – From £440
- 12 Sessions – From £630
- 20 Sessions – From £1000

*Additional fees may apply for travel or indoor studio training

Group Training

Single Session - £80

Cost can be divided between up to 4 people

Partner Pass - £10

Available as an add-on to any PT sessions purchased as a package

Personalised Programmes

4-6 Week Workout Programme – From £75

Includes 2 weekly workout cards (£25 per additional workout). Available as a supplement to PT or as a standalone service.

Nutrition Consultation – From £75

Includes food diary analysis, dietary recommendations and a personalised nutrition plan. Available as a supplement to PT or as a standalone service.