

1-1 PERSONAL TRAINING

MONTHLY PACKAGE

4 SESSIONS - £180
8 SESSIONS - £340
12 SESSIONS - £420

BENEFITS:

Programming and Nutritional Coaching.

In a private gym facility, outdoors or in your home.



2-1 PERSONAL TRAINING

MONTHLY PACKAGE

4 SESSIONS - £240
8 SESSIONS - £480
12 SESSIONS - £600

BENEFITS:

Train with a friend/partner.

Includes programming and Nutritional Coaching.

In a private gym facility, outdoors or in your home.

ONLINE PROGRAMMING

£60 PER MONTH

BENEFITS:

An individual progressive programme tailored towards your goals.

Delivered via an online platform and app, gym or home training focussed.

Support and guidance throughout.

This is for individuals who are familiar with training, the gym or performance based athletes.

V HEALTH & FITNESS

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PRICING