



## **Personal training**

### **1 to 1 personal training**

Monthly direct debit:

1 session per week - £160 (£40 per session)

2 sessions per week - £304 (£38 per session)

Block booking:

3 months 1 session per week - £420 (£35 per session)

3 months, 2 sessions per week - £840 (£35 per session)

### **Joint personal training**

Monthly direct debit:

1 session per week - £200 (£50 per session)

2 sessions per week - £368 (£46 per session)

Block booking:

3 months, 1 session per week - £528 (£44 per session)

3 months, 2 sessions per week - £1056 (£44 per session)