



PRICE PACKAGES

Have a look at all my available options. Once decided, you can contact me to book your free consultation/trial session (subject to availability):

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PERSONAL TRAINING OPTIONS:

	ONE OFF TRAINING PROGRAM/ NUTRITION HELP	JUST TRAIN	PT MENTORING	FULL TRAINING PACKAGE
45 Minute Session	Consultation Session	YES	YES	YES
Available online or in person	YES	YES	YES	YES
Nutrition help, guidance and accountability	-	-	YES	YES
Progress reports and monthly check ins	-	-	YES	YES
Supplement discounts with BIO Synergy and Protein Works	-	-	-	YES
Training program with the ability to make edits	Only for one off training program, but cannot make edits or adjustments	-	Program Included but cannot make edits or adjustments	YES
Expire date	-	One Month	12 WEEKS (3 Months)	One Month
Priority booking	-	-	-	YES
Payment option	One-time payment	Monthly renewal	Upfront covers for 12 weeks (3 Months)	Monthly renewal
Top up sessions (if you finish your sessions before the month ends)	-	At rate of current package	-	At rate of current package

PERSONAL TRAINING RATES:

JUST TRAIN: MONTHLY

	4 SESSIONS	8 SESSIONS	12 SESSIONS
SOLO 1-1 For 1 person	£120	£220	£300
DUO 1-2 For 2 people	£160 (£80 pp)	£280 (£140 pp)	£360 (£180 pp)

FULL PACKAGE TRAINING: MONTHLY

	4 SESSIONS	8 SESSIONS	12 SESSIONS
SOLO 1-1 For 1 person	£160	£300	£420
DUO 1-2 For 2 people	£240 (£120 pp)	£440 (£220 pp)	£600 (£300 pp)

PT MENTORING: PROGRAM DURATION 3 MONTHS

	5 SESSIONS (1 SESSION EVERY 3 WEEKS)	7 SESSIONS (1 SESSION EVERY 2 WEEKS)	13 SESSIONS (1 SESSION EVERY WEEK)
SOLO 1-1 For 1 person	£250	£297.50	£455
DUO 1-2 For 2 people	£400 (£200 pp)	£455 (£227.50 pp)	£650 (£325 pp)

EXTRAS

	ONE OFF CUSTOM TRAINING PROGRAM (Up to 3 months)	ONE OFF NUTRITION/PROGRESSION HELP	PAY AS YOU GO TRAINING SESSION (JUST TRAIN)
SOLO 1-1 For 1 person	£100	£35	£45
DUO 1-2 For 2 people	£160 (£80 pp)	£55 (£27.50 pp)	£70 (£35 pp)