

**The FULL PT experience**

Includes:

1 hour face to face sessions

Tailored plans & Sessions

Whatsapp Support

Online coaching app

Habit & Goal tracker

Weekly Check ins

FB members page.

One Off Sessions: £40 per hour

4 Session Per Month £160

8 Sessions Per month: £300

12 Sessions Per month: £420

4 Sessions + 12 Classes per month: £210

8 Sessions + 12 Classes Per month: £345

Train with a friend:

4 Sessions £120p.p

8 Sessions: £200p.p

12 Sessions: £350pp