

# Personal training sessions

60 minute session	£30.00
5 x 60 minute sessions	£125.00
10 x 60 minute sessions	£225.00

## Friend or Partner PT session

Single session (£20 each)	£40.00
Block of 10 sessions (saving of £40.00)	£360.00
Block of 20 sessions (saving of £100.00)	£700.00

Please note that all sessions must be booked and paid for at reception in advance.  
Please do not hesitate to ask a member of staff for further information.