

PACKAGE PRICES —

Packages	One Time Cost	Price Per Week	Price Per Month	Commitment Length
1a. 1st Assessment Package	£200			
2a. Hybrid package – months 1-3		£63	£250	12 Weeks
2b. Hybrid package – months 4-6		£63	£250	12 Weeks
3a. Virtual package – months 1-3		£41	£165	12 Weeks
3b. Virtual package – months 4-6		£33	£132	12 Weeks
4a. Premium virtual package – months 1-3		£63	£250	12 Weeks
4b. Premium virtual package – months 4-6		£63	£250	12 Weeks
5a. DIY Package – months 1-3		£25	£98	12 Weeks
5b. DIY Package – months 4-6		£23	£90	12 Weeks
6. App only with workouts		£5	£20	12 Weeks
7. PT session	£50			
8. Exercise referral – 8 week programme		£54	£215	8 Weeks