

# ONLINE SESSIONS

## HIIT (High Intensity Interval Training) Sessions Interactive via Zoom

<b>The sessions;</b>	<u>Size of group</u>	<u>Cost per person</u>	<u>Cost for 4 sessions per person</u>
<ul style="list-style-type: none"><li>• Minimum booking of 4 sessions required.</li><li>• Includes a warm up &amp; cool down.</li><li>• Provides both body weight and weight based training under instruction.</li><li>• Takes 40 minutes.</li></ul>	1-1	£17.50	£70
	2-1	£15.00	£60
	3-1	£12.00	£48
<b>Discounts...</b>	4-1	£9.00	£36
<ul style="list-style-type: none"><li>• <b>15% for block booking of 6 sessions</b></li><li>• <b>20% for block booking 8 sessions</b></li></ul>	5-1	£7.50	£30

## Online Fitness Plans



Offers personalised programs to help **lose fat, build muscle, improve fitness and also get or maintain the body or ability you want** with the support and feedback of a experienced PT at your fingertips.

*4 - 6 weeks plans available*

**WHAT ARE YOU WAITING FOR? ...LETS GET STARTED TODAY!!**