

# **1.0 Premium Package \$250 per week**

Includes: per person or 2 pax \$480

4x Face to face PT sessions

Unlimited access to classes

Nutrition guidance

Personalized programs tailored to your desired goal

Fully available for any assistance you may need out of session times

# **1.1 Premium package ( no class) per week**

Includes: \$220 per person

4 x face to face PT sessions

Nutrition guidance

Personalized programs tailored to your desired goal

Fully available for any assistance you may need out of session times

# **1.0 Basic Package \$175 per week**

Includes: per person or 2 pax is \$280

2x Face to face PT sessions

Unlimited access to classes

Nutrition guidance

Personalized programs tailored to your desired goal

Fully available for any assistance you may need out of session times

# 1.1 Basic package ( no class ) per week

Includes: \$130 per week

2x Face to face PT sessions

Nutrition guidance

Personalized programs tailored to your desired goal

Fully available for any assistance you may need out of session times

# 1.0 Budget Package \$90 per week

Includes: per person or \$ 160

1x Face to face PT session

Unlimited access to classes

Nutrition guidance

Personalized programs tailored to your desired goal

Fully available for any assistance you may need out of session times

# 1.1 Budget package ( no class ) per week

Includes: \$75 per week

1x Face to face PT session

Nutrition guidance

Personalized programs tailored to your desired goal

Fully available for any assistance you may need out of session times

# 1.1 Class Package \$40 per week

Access to all classes

Four options of classes 2x HIIT, 1x strength or 1x bootcamp

Bookings essential to secure your spot weekly

