

MSLFIT



PRICE LIST

PERSONAL TRAINING PRICE LIST

1 SINGLE SESSION

01

Full body session
Basic Nutrition Information
for pre and post workout meals.
Price: £50

6 BULK SESSIONS

06

2x Goal setting
Nutrition Guide
Body Fat Measurements
Entry to Gym in Haringey
Price: £290
£48 a session

12 BULK SESSIONS

12

3x Goal setting
Nutrition Guide
Meal plan
Body Fat Measurements
Video progress
Price: £500
£42 a session

CANT AFFORD A FULL PAYMENT
WE HAVE PAYMENT OPTIONS
AVAILABLE
MUST BE USED WITHIN 5 WEEKS

ONLINE COACHING

"HERE WE GLOW AGAIN"

ONLINE ONLY

4 Week Pack - £100

8 Week Pack - £150

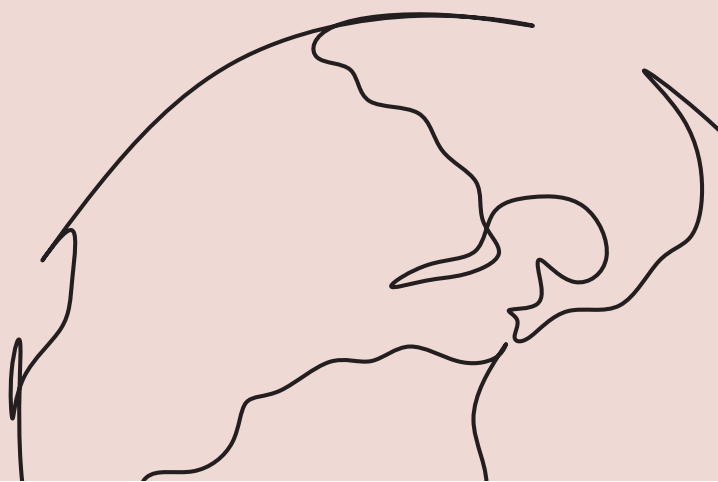
12 Week Pack - £200

COACHING AND MENTORING

INCLUDING MEAL PLANS

£150

02



PRIVATE 1-1 DANCE TRAINING

1 SINGLE SESSION

1 hour 30 mins

We will work on:

Technique

Flexibility

1 song choice

Choreography will be created with style of your choice, please ensure song is sent to me at least 72 hours prior to session

Price: £40

Studio: Mill hill or Flow Dance Studio

6 BULK SESSIONS

1 hour 30 mins per session (9 hours of training)

We will work on:

Technique

Flexibility

3 song choices

Choreography will be created with style of your choice, please ensure song is sent to me at least 72 hours prior to session

Price: £230

Studio: Mill hill or Flow Dance Studio

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AVAILABLE





CLIENT CAM
X
TRANSFORMATION

LET'S WORK TOGETHER

