

ONE-TO-ONE and small group training	FAST-TRAK: 30 mins	B-FITT: 60 mins
Fitness Testing		From £50
Pilates Focus	£20	From £35
Fitness & Sport specific	£20	£25-35
Nutrition		From £50 - Initial consultation £35 - Review
Dance Training	£15	£25-35
Corporate		Call for rates
Bridal	£20	£35-50
Weight Loss		£35-50
RE-BA Fitness Studio	small group: 1:2	10% discount pp
	small group: 1:3	15% discount pp
	small group: 1:4	20% discount pp

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