



**INVEST IN
YOUR HEALTH!**

@BWTB.PT

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PEAK PERFORMANCE PACKAGE

- ◆ Complimentary Diagnostic Assessment.
- ◆ Bespoke Transformational Program
- ◆ Weekly Training Review
- ◆ Bespoke Nutrition Plan
- ◆ 50% Off Step Classes
- ◆ Weekly PT Sessions

YOUR JOURNEY BEGINS AT:

- ◆ 1 Session Per week - £180
- ◆ 2 Sessions Per Week - £340
- ◆ 3 Sessions Per Week - £500

**CHARGED ON A MONTHLY
BASIS VIA DIRECT DEBIT**

FLEXI COACHING PACKAGE

- ◆ Complimentary Diagnostic Assessment.
- ◆ Bespoke Transformational Program
- ◆ Weekly Training Review
- ◆ Bespoke Nutrition Plan
- ◆ 50% Off Step Classes
- ◆ Monthly 1-2-1

INVESTMENT

- ◆ £100 Per Month
Charged Via Direct
Debit

**1-2-1 PACKAGES - SESSIONS
SLIDING SCALE**

FINAL PRICING TABLE:

- ◆ 1 session per month: £100
- ◆ 2 sessions per month: £120
- ◆ 3 sessions per month: £150

**1 SESSION PER WEEK
(4 SESSIONS PER MONTH):
£180**

