

PRICE LIST



PERSONAL TRAINING*

1:1 Training	£45 per hour
1:1 Training Block Sessions	Book 10, get 1 free Book 20, get 3 free

BUDDY & GROUP TRAINING

Buddy Training (2 people)	£55 per hour
Group Training (max 6 people)	£55 per hour for 2 people, then £10 per person thereafter

CLASSES**

One-off session	£7 per person
Block of 10 classes (paid in advance)	£55

*We are happy to deliver training sessions at your home or work place however, for locations which are more than 10 miles away from our training studio in Leeds, we will charge an additional travelling cost. Please ask for details when enquiring.

Classes must be **booked in advance. Please contact us on **0800 028 0198** or book online at www.m8group.co.uk/training.

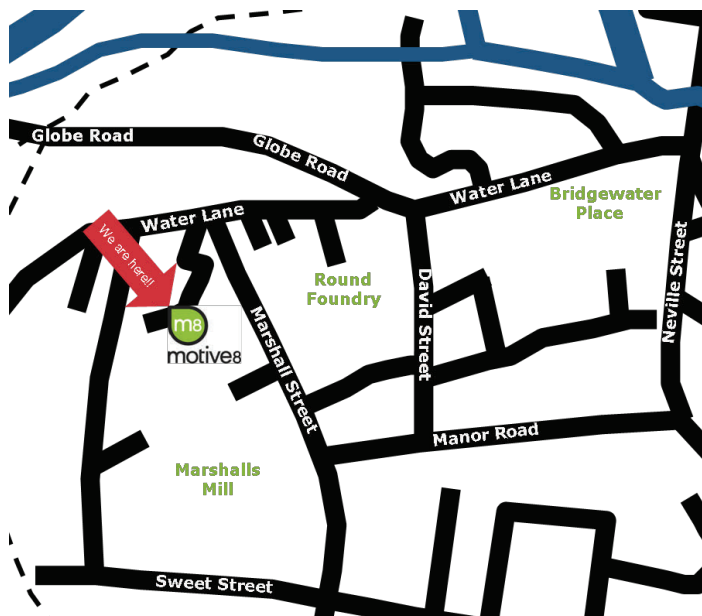
PERSONAL TRAINING & CLASS STUDIO

1:1 Personal Training
Small Group & Buddy Training
Fitness Classes*
Pilates & Yoga*
Weight Management & Fat Loss
Injury Rehabilitation
Home Visits
Corporate Training Sessions

Personal training sessions
available**:

6am - 9pm Monday to Friday
7am - 3pm Saturdays
Closed Sundays

Enter via Marshall Street



To book, call 0800 028 0198 or
visit www.m8group.co.uk/training



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*Please see separate class timetable

**Subject to availability