



PRICE LIST

TEMPO PERFORMANCE

CONSULTATION

*FREE

Structural assessment

Stress exercise assessment

14-point body fat measurement

Psychological testing

Dietary analysis

Genetic + Blood test :

£60.00-340.00

PERSONAL TRAINING

Single Session : £ 75.00

8 Sessions : £ 560.00

15 Sessions : £975.00

25 Sessions : £1500.00

(Valid for 8 months from purchase)

TEMPO PERFORMANCE

TRANSFORMATION PACKAGES

12 weeks : £2,830.00

20 weeks : £4,680.00

*4 sessions a week *

(Valid for duration of package time)

SMALL GROUP (MINIMUM 2 - MAXIMUM 4 CLIENTS PER CLASS/SESSION)

10 Sessions : £650.00 p/p

20 Sessions : £1,200.00 p/p

30 Sessions : £1,740.00 p/p

100 Sessions : £5,000.00 p/p

(Valid for 8 months from purchase)

CORPORATE

Personal training sessions

50 Sessions : £3,200.00

100 Sessions : £6,000.00

250 Sessions : £14,500.00

(Valid for 8 months from purchase)



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