

PT Pricing

Base - Includes online weekly program planning & adjustments Weekly with 24/7 message support. Best for people who want more accountability, guidance with their training & nutrition program.

Base + Calorie planning - Includes everything in the Base + Calorie planning for Fat loss and muscle gain cycles.

Add ons - Personal Training Session

Each in person session goes up to 1 hour and costs \$75 (Can do 1x per week or 1x per month depending on your budget), Train with a friend and cost per session reduces to \$50 (Limited to 2 people max). Best for people who are new to the gym and want maximum accountability, motivation, on the spot technique adjustments.

The chart below shows you pricing. Book Your Free 30min [Intro/Consult Session Here](#) To discuss more.

Tier	Includes	Fortnightly	Monthly
Base	Weekly Program Adjustments + 24/7Support		\$140
Base +	Includes everything in the Base + Calorie planning for Fat loss and muscle gain cycles.		\$180
Personal Training Session	\$75 Up to 1 hour in person training.	TBD	TBD

