

# SERVICES

## Personal Training

30 mins = \$60

45 mins = \$80

60 mins = \$100

(pre purchase up front and get 10 sessions for the price of 8)

## Personalised Nutrition Plan

Initial 1hr consult = \$150

Includes goal setting, 8 site skin folds, body composition analysis, dietary analysis and custom nutrition plan

(online nutrition and training plans also available. Please call or email to discuss)

## Competition Preparation

Please book a consult to discuss comp prep packages and pricing.  
Available in person or online

Leon: 0448 812 844