



1 HOUR SESSION **£40**
 SIX SESSIONS **£216**
 TEN SESSIONS **£320**

30 MINUTE SESSION **£25**
 SIX SESSIONS **£135**
 TEN SESSIONS **£200**

Personal training

2017 price list

To book call 259692 or email fitness@lagrandemare.com

DUO TRAINING
 30 MINUTE SESSION **£30** FOR 2 PEOPLE
 1 HOUR SESSION **£50** FOR 2 PEOPLE



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