

# Reco's Fitness and Self Defence - Price's and Package

**We believe that money should not be a hurdle to happiness. With access to all our coaches, contact us now to discuss your bespoke pricing now. pricing now.**

## Fitness, Strength and Weight Loss

£68.00 /per hour

1 to 1 training

Professional Coach

25 Sessions

£60.00 /per hour /per person

1 to 2 training

Professional Coach

10 Sessions

## Fitness and Self Defence

£72.00 /per hour

1 to 1 training

Professional Coach

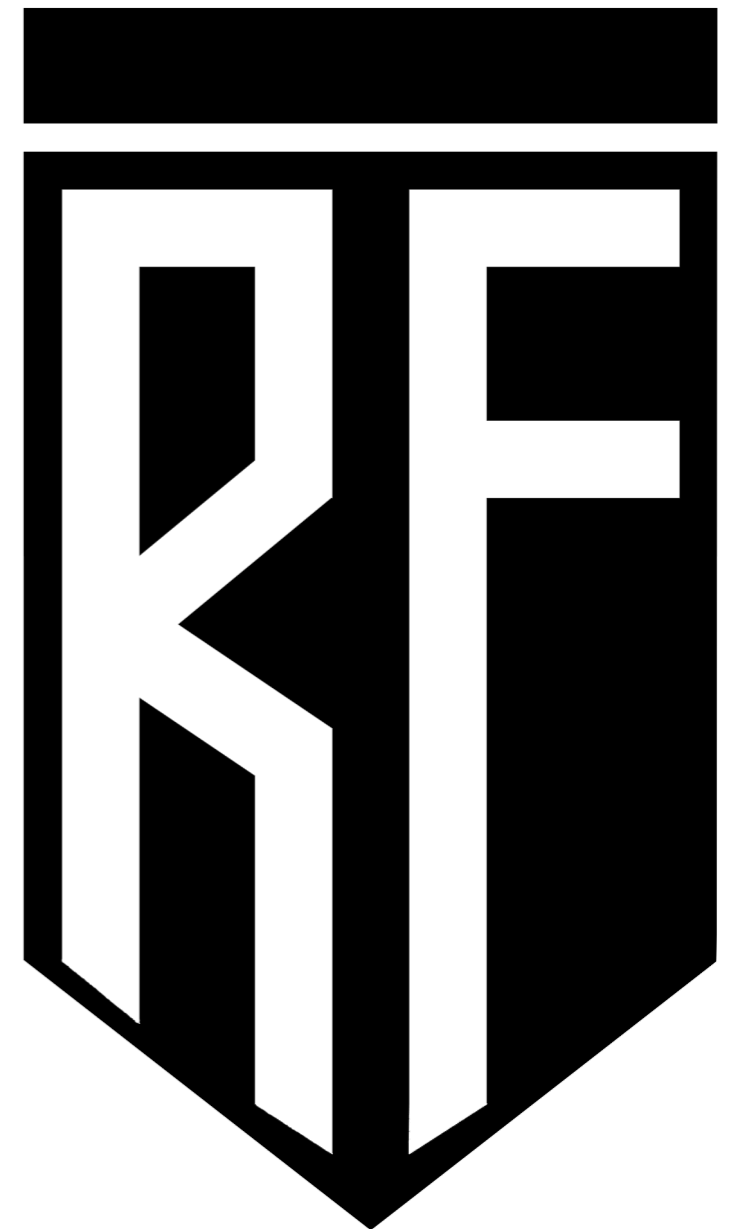
25 Sessions

£65.00 /per hour /per person

1 to 2 training

Professional Coach

10 Sessions



**For bookings of 3 or more please contact us directly for your bespoke option's. Prices start from as little as £45 per hour/per person.**