

FITBODYLONDON

LONDON MOBILE PERSONAL TRAINING & MASSAGE THERAPY



BENEFIT FROM OUR EXPERTISE

It is established that sitting for a prolonged period of time at a desk inhibits unhealthy circulation, encourages poor posture and back ache, and ultimately makes you tired, stiff, less focused and productive. But now you can have more energy, less pain and higher levels of performance. thanks to mobile massage and personal fitness sessions delivered right to you, in the workplace and at home by qualified experienced

MASSAGE BENEFITS

Alleviates symptoms of stress and leaves you and your employees relaxed, refreshed, invigorated, and energized.

Increase team performance and productivity while helping to reduce lost time and money due to illnesses and sick leave.

Low Impact Fitness - Chair Massage - Table Massage - Personal Training

Choose Group or Individual Session of 30 Minutes or 1 Hour



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PRICE LIST

FBL	Relaxation Massage	Sport Massage	Indian Head Massage	Swedish Massage
One Hour	£50	£60	£55	£55
Half Hour	£35	£40	£37	£37
Six Sessions	Hour: £280	£340	£310	£310
	Half: £200	£230	£212	£212
Eight Sessions	Hour: £370	£450	£410	£410
	Half: £260	£300	£276	£276

FBL	Pilates	Pilates group class P/p -4	Pilates group class P/p +4	Pilates Pre/Post Natal
One Hour	£70	£60	£70	£75
Half Hour	£40	£40	£50	£40
Six Sessions	Hour: £390	£300	£360	£395
	Half: £210	£240	£300	£225
Eight Sessions	Hour: £480	£390	£460	£490
	Half: £240	£310	£395	£280

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PRICE LIST

FBL	Personal Trainer	Personal Trainer Group Class P/p 1-3	Personal Trainer Group Class P/p +4	GP Referral Boxing Self Defense
One Hour	£55	£60	£70	£60
Half Hour	£37	£40	£50	£40
Six Sessions	Hour: £310 Half: £212	£300 £240	£360 £300	£330 £240
Eight Sessions	Hour: £410 Half: £276	£390 £310	£460 £395	£450 £300