



APOCALYPSE
FITNESS

PRICING STRUCTURE

PERSONAL TRAINING SESSIONS (1:1)

Personal Training Sessions (1:1)

Based in-gym or park location:

- Pay-as-you-go: £40 per hour
- Block bookings:
 - 5 sessions: £180*
 - 10 sessions: £350*
- 30-minute sessions: £25 per half hour (great if you're on a budget or short on time).

* Must be used in consecutive weeks

HOME PT SESSIONS

Home PT Sessions

- Within 5 miles: £50–£60 per session
- 5–10 miles: £60–£70
- Over 10 miles (e.g., £1 per mile)

Discounts available for small groups/families training together at home.

SMALL GROUP PT (2-4 PEOPLE)

Small Group PT (2–4 people) larger groups can be arranged
(Semi-private coaching with a social vibe and personal attention.)

- 2 people: £50 total (£25 each)
- 3–4 people: (£20 each)
- 5–6 people: (£15 each)

This is semi-private coaching with a social vibe and personal attention.



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CLASSES

Classes (per person, per session)

Price dependent on location and max class size.

- Drop-in: £6–£10
- Block of 4/6/8 weeks: £5–£8 per class (paid upfront)
- Community/outdoor classes: £7.50–£10
- Loyalty incentives will be available

BOOTCAMPS (4-6 WEEKS)

Bootcamps (4 to 6 Weeks)

Price based on frequency, added value (nutrition, support), and location.

Unlimited package (up to 6 sessions/week):

- 4 weeks: £100–£120
- 6 weeks: £140–£160

Premium package (includes nutrition & accountability):

- 4 weeks: £150
- 6 weeks: £175

PAYG package

- £8 - £10 per class



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NUTRITION PLANS

Nutrition Plans

Structured tiers depending on depth and support.

- Basic (1-off personalised plan): £100
- 4-week plan + check-in (email): £125
- 6-week plan + weekly check-in (WhatsApp/email): £200
- Existing PT clients: Discounted rate of £40 if training with us weekly

CORPORATE / TEAM SESSIONS

Corporate Sessions / Team Building

Price includes time, prep, travel, and value to employer.

- Single session: £80–£120 (45–60 mins)
- Monthly package (e.g., weekly lunch session): £300–£400
- Team-building day (2–3 hours): £250–£400
- Add on options e.g. “Boxing stress buster,” “Thai Box Fit” or “Bootcamp for burnout”



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FIGHT CAMP PACKAGES

Fight Camp Coaching Packages & Pricing (4 – 6 Weeks)

Survivor (Entry Level)

Price: £100 – £120

Includes:

- Entry Level Nutrition **OR** training plan only
- Perfect for first-time clients or new fighters
- Focused on essential foundations

Conqueror (Intermediate)

Price: £125 – £200

Includes:

- Tailored Nutrition Plan (cutting weight, fuelling for performance) **AND** Custom Training Plan (Strength, Conditioning, Pads, Drills, Recovery)
- Weekly email check-ins
- Full fight camp prep (includes weight cut guidance)
- Tailored programming
- Fight Week Strategy & Rehydration plan (weigh-in prep, rehydration, day-before, post-fight)

The Reckoning (Elite)

Price: £200 – £300

Includes:

- Tailored Nutrition Plan (cutting weight, fuelling for performance) & Custom training plan (Strength, Conditioning, Pads, Drills, Recovery)
- Weekly support, video reviews (if applicable)
- WhatsApp access & advanced accountability
- Full fight camp prep (includes weight cut guidance)
- Tailored programming
- Fight Week Strategy & Rehydration plan (weigh-in prep, rehydration, day-before, post-fight)
- Performance coaching & mindset support



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FIGHT CAMP PACKAGES continued

Notes:

- All plans are 4 – 6 weeks in duration.
- Pricing depends on goal complexity, support level, and athlete needs.
- Custom packages available on request.

PACKAGE TYPE

PRICE RANGE

INFO

SURVIVOR (ENTRY LEVEL)
(NUTRITION OR TRAINING PLAN ONLY)

£100 - £120
FOR 4-6 WEEKS

ENTRY LEVEL PLANS FOR NEW FIGHTERS OR FIRST TIME CLIENTS. FOCUSES ON ESSENTIAL TRAINING AND NUTRITION

CONQUEROR (INTERMEDIATE)
(CUSTOM NUTRITION & TRAINING PLAN)

£125 - £200
FOR 4-6 WEEKS

FULL FIGHT CAMP PREP INCLUDING WEIGHT CUT GUIDANCE WEEKLY EMAIL CHECK INS & TAILORED PROGRAMMING

THE RECKONING (ELITE)
(FULLY TAILORED & WEEKLY SUPPORT)

£200 - £300
FOR 4-6 WEEKS

FULL CUSTOM TRAINING AND NUTRITION, PLUS FIGHT WEEK STRATEGY REHYDRATION, PERFORMANCE COACHING MINDSET, ADVANCED SUPPORT WHATSAPP ACCESS, VIDEO REVIEWS (IF APPLICABLE)