**4) No Package Personal Training Single Session**

If you would like to invest in single PT sessions, as and when you need them, you have the option below:

- 1:1 PT session\* with Tonia Trainer\*\*

A one-off session is perfect for you if you want an occasional session with me. This session can be conducted face-to-face or by zoom.

​60-minute session £35

​30-minute session £20