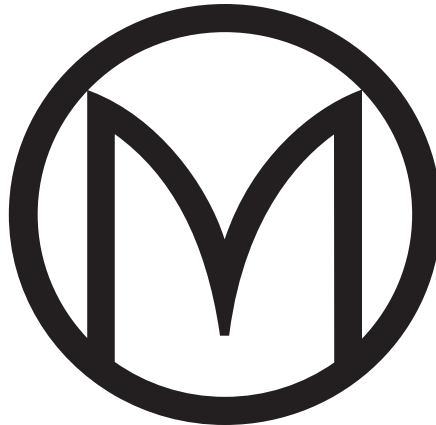


**MATT ROBERTS
EVOLUTION**



PRICE LIST

MATT ROBERTS PERSONAL TRAINING

INITIAL CONSULTATION

Compulsory Initial Consultation

Includes Three Dimensional Body Scan,
Functional Movement Screening, Fitness
Assessment & Dietary Analysis

Including Blood Tests £350.00

Excluding Blood Tests £300.00

PERSONAL TRAINING

Personal Trainer

Single Session £130.00

10 Sessions £1,000.00

25 Sessions £2,250.00

Valid 6 months from purchase

Senior Trainer

Single Session £130.00

10 Sessions £1,150.00

25 Sessions £2,450.00

Valid 6 months from purchase

MONTHLY PAYMENT SCHEME

Personal Trainer

6 Sessions £510.00

8 Sessions £660.00

12 Sessions £960.00

(Minimum 3 month membership, sessions must be
used within each month)

YOGASPHERE

YOGA CLASSES

Drop In Class	£30.00
5 Classes Valid 1 months from purchase	£110.00
10 Classes Valid 3 months from purchase	£210.00
25 Classes Valid 6 months from purchase	£450.00
50 Classes Valid 9 months from purchase	£950.00
100 Classes Valid 12 months from purchase + includes 1 wellness coaching session	£1,800.00
Private Yoga 1hr private yoga class/session (up to 17 people) The full yoga schedule can be found online at www.mattroberts.co.uk/bookings/yoga/	£510.00

RECURRING PLANS

POD 4 classes per month 1 complimentary meditation immersion per month	£75.00
Forest Unlimited classes across all locations Unlimited meditation immersions	£150.00
POD Couple 8 classes per month 4 complimentary meditation immersions per month Per couple	£145.00
Forest Couple Unlimited classes across all locations Unlimited meditation Immersions + complimentary personalised eco mat	£290.00

All plans operate a 21 day terms of cancellation.
Plan can be frozen for up to 4 months.

Yogasphere Plant 10 Trees Per Client, Per Class

MAYFAIR PILATES

FITNESS PILATES

Single Class £40.00

REFORMER PILATES CLASS

Full body fitness class | Reformer-based
55 Minutes | Maximum 4 clients per class
Foundation, Intermediate, and Master levels

5 Classes £150.00
Valid 2 weeks from purchase

10 Classes £360.00
20 Classes £680.00
30 Classes £960.00
Valid 2 months from purchase

STUDIO CIRCUIT CLASS

Full body fitness class |
Rotation through studio equipment
55 Minutes | Maximum 4 clients per class
Open level | Exercise variety

50 Classes £1,700.00
Valid 6 months from purchase

CLINICAL PILATES

ASSESSMENTS

Initial Assessment £120.00

Includes a pathology report, a full equipment overview, a discussion about your goals to create your bespoke Pilates program | 60 Minutes

Re-Assessment £100.00

Track progress, re-evaluate outcomes | 60 Minutes

PHYSIOTHERAPIST LED CLASS

Bespoke session run by a physiotherapist around findings from Initial Assessment | 55 Minutes | Maximum 4 clients per class | Rehabilitation and prehab | Faster recovery | Pre & post natal exercise therapy

Single Class £45.00

5 Classes £180.00

10 Classes £410.00

20 Classes £765.00

Valid 2 months from purchase

30 Classes £1,110.00

Valid 3 months from purchase

PRIVATE 1 : 1 AND 2 : 1 PILATES

Taught by physiotherapist or Pilates instructor Bespoke programme using a variety of equipment Ideal for those with mobility restrictions
60 Minutes | Maximal supervision

WITH PILATES INSTRUCTOR

With Pilates Instructor 1 : 1

Single Session	£100.00
5 Classes Valid 1 month from purchase	£475.00
10 Classes Valid 2 months from purchase	£900.00
15 Classes Valid 3 months from purchase	£1,275.00

With Pilates Instructor 2 : 1

Single Session Per Person	£80.00
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WITH PHYSIOTHERAPIST

With Physiotherapist 1 : 1

Single Session	£120.00
5 Classes Valid 1 month from purchase	£570.00
10 Classes Valid 2 months from purchase	£1,080.00
15 Classes Valid 3 months from purchase	£1,530.00

With Physiotherapist 2 : 1

Single Session Per Person	£96.00
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MAYFAIR PHYSIOTHERAPY

INITIAL CONSULTATIONS

60 Minutes

With Simon Gilchrist	£140.00
With Elle Rich	£120.00
With Paddy Connolly	£120.00

PHYSIOTHERAPY SESSIONS

With Simon Gilchrist

Individual Session

30 Minutes	£80.00
45 Minutes	£115.00
60 Minutes	£140.00

Block of 10 Sessions

30 Minutes	£720.00
45 Minutes	£1,030.00
60 Minutes	£1,260.00

With Elle Rich or Paddy Connolly

Individual Session

30 Minutes	£70.00
45 Minutes	£100.00
60 Minutes	120.00

Block of 10 Sessions

30 Minutes	£630.00
45 Minutes	£900.00
60 Minutes	£1,080.00

SHOCKWAVE THERAPY

Initial 30 Minutes	£130.00
Follow Up 15 Minutes	£75.00

MASSAGE THERAPY

30 Minutes	£55.00
60 Minutes	£100.00

Packages offered at a discount of 10% for bundles of 10 sessions. Must be used within a 6 month period.

MATT ROBERTS
— EVOLUTION —

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