Rudd Fitness Coaching Pricing from 1st Nov 2024

| Bootcamps Choose the plan that best fits your fitness journey: Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: Achieve fitness goals with personalized, 1:1 training sessions tailored to your needs: Achieve fitness goals with personalized, 1:1 training sessions tailored to your needs: Achieve fitness goals with personalized, 1:1 training sessions tailored to your needs: Achieve fitness goals with personalized, 1:1 training sessions tailored to your needs: Achieve fitness fitn | ngle Session - Perfect for those looking to drop in a one-time workout. Get a taste of our dynamic otcamp experience with no long-term commitment. Onthly Subscription 1 per week - Stay consistent h a weekly workout! This plan includes one otcamp session per week, offering flexibility and eat value for those aiming to maintain a regular ness routine. Onthly Subscription unlimited sessions - For ose serious about their fitness goals, enjoy unlimited otcamp sessions each month. Maximize your ogress and make the most of a full range of rkouts with this all-access pass. Ingle 1:1 Session - Perfect for those seeking a agle, focused training session. Benefit from one-on- e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and ness over the course of multiple, expertly guided wrkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This ckage offers great value for those committed to | £10 £28 £50 £50 £180 |
|---|--|----------------------------------|
| Bootcamps boots Choose the plan that best fits your fitness journey: fitness Strength & Conditioning sin Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: fitness Max fitness </td <td>otcamp experience with no long-term commitment. onthly Subscription 1 per week - Stay consistent h a weekly workout! This plan includes one otcamp session per week, offering flexibility and eat value for those aiming to maintain a regular tess routine. onthly Subscription unlimited sessions - For ose serious about their fitness goals, enjoy unlimited otcamp sessions each month. Maximize your ogress and make the most of a full range of trkouts with this all-access pass. ngle 1:1 Session - Perfect for those seeking a tigle, focused training session. Benefit from one-on- e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and these over the course of multiple, expertly guided arkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This</td> <td>£28 £50 £50 £180</td> | otcamp experience with no long-term commitment. onthly Subscription 1 per week - Stay consistent h a weekly workout! This plan includes one otcamp session per week, offering flexibility and eat value for those aiming to maintain a regular tess routine. onthly Subscription unlimited sessions - For ose serious about their fitness goals, enjoy unlimited otcamp sessions each month. Maximize your ogress and make the most of a full range of trkouts with this all-access pass. ngle 1:1 Session - Perfect for those seeking a tigle, focused training session. Benefit from one-on- e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and these over the course of multiple, expertly guided arkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £28 £50 £50 £180 |
| Bootcamps Choose the plan that best fits your fitness journey: Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: Achieve fitness goals with personalized, 1:1 training sessions fitness goals with fitness goal | bnthly Subscription 1 per week - Stay consistent in a weekly workout! This plan includes one otcamp session per week, offering flexibility and eat value for those aiming to maintain a regular mess routine. bnthly Subscription unlimited sessions - For prese serious about their fitness goals, enjoy unlimited otcamp sessions each month. Maximize your preses and make the most of a full range of urkouts with this all-access pass. ngle 1:1 Session - Perfect for those seeking a ugle, focused training session. Benefit from one-on-e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent preses with a package of four personalized ssions. Ideal for those looking to build strength and ness over the course of multiple, expertly guided urkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £50 £50 £180 |
| Bootcamps without a set of the plan that best fits your fitness journey: Choose the plan that best fits your fitness journey: Mathematical fit of the plan that best fits your fit of the plan that best fits your provide the plan that best fits your fit of the plan that best fits your provide the plan that best fits your pl | h a weekly workout! This plan includes one otcamp session per week, offering flexibility and eat value for those aiming to maintain a regular ness routine. Onthly Subscription unlimited sessions - For bese serious about their fitness goals, enjoy unlimited otcamp sessions each month. Maximize your ogress and make the most of a full range of whouts with this all-access pass. Ingle 1:1 Session - Perfect for those seeking a regle, focused training session. Benefit from one-on- e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and ness over the course of multiple, expertly guided whouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £50 £50 £180 |
| Choose the plan that best fits your fitness journey: Choose the plan that best fits your fitness journey: Choose the plan that best fits your fitness journey: Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: Conditioning Choose the plan that best fits your Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: Choose the plan that best fits your Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: Choose the plan that best fits your Strength & Conditioning Strength & Conditioning | otcamp session per week, offering flexibility and eat value for those aiming to maintain a regular ness routine. Onthly Subscription unlimited sessions - For bese serious about their fitness goals, enjoy unlimited otcamp sessions each month. Maximize your ogress and make the most of a full range of rkouts with this all-access pass. Ingle 1:1 Session - Perfect for those seeking a regle, focused training session. Benefit from one-on- e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and ness over the course of multiple, expertly guided wrkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £50 £50 £180 |
| Choose the plan that best fits your fitness journey: Choose the plan that best fits your fitness journey: Mo Mo boo pro wo Sir sin one and ** I pro ses tailored to your needs: Mo Mo Mo Mo Mo Mo Mo Mo Mo | eat value for those aiming to maintain a regular mess routine. Donthly Subscription unlimited sessions - For pose serious about their fitness goals, enjoy unlimited otcamp sessions each month. Maximize your pgress and make the most of a full range of whouts with this all-access pass. Ingle 1:1 Session - Perfect for those seeking a tigle, focused training session. Benefit from one-on- e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent pgress with a package of four personalized ssions. Ideal for those looking to build strength and these over the course of multiple, expertly guided whouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £50 £50 £180 |
| Choose the plan that best his your fith fithess journey: Mid Mid box wo Sir Sin sin Strength & Conditioning mid Achieve your fitness goals with pro personalized, 1:1 training sessions fith tailored to your needs: the pair ma corr ma corr Mid fith fith fith< | and the set of the set o | £50 £180 |
| fitness journey: fitness journey: Mathematical fitness journey: Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: Mathematical fitness goals with personalized, 1:1 training sessions tailored to your needs: Mathematical fitness goals with personalized, 1:1 training sessions fitness goals with personalized fitness goals with personalited fitness | bitly Subscription unlimited sessions - For page serious about their fitness goals, enjoy unlimited otcamp sessions each month. Maximize your ogress and make the most of a full range of arkouts with this all-access pass. ngle 1:1 Session - Perfect for those seeking a trigle, focused training session. Benefit from one-on-e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and these over the course of multiple, expertly guided arkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £50 £180 |
| Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: | bese serious about their fitness goals, enjoy unlimited otcamp sessions each month. Maximize your ogress and make the most of a full range of inkouts with this all-access pass. Ingle 1:1 Session - Perfect for those seeking a rigle, focused training session. Benefit from one-on- e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and ness over the course of multiple, expertly guided inkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £50 £180 |
| Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: | otcamp sessions each month. Maximize your ogress and make the most of a full range of inkouts with this all-access pass. ngle 1:1 Session - Perfect for those seeking a tigle, focused training session. Benefit from one-on- e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and these over the course of multiple, expertly guided wrkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £50 £180 |
| Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: | by by the set of a full range | £50 £180 |
| Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: | Arkouts with this all-access pass. Ingle 1:1 Session - Perfect for those seeking a ligle, focused training session. Benefit from one-on- e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent bgress with a package of four personalized ssions. Ideal for those looking to build strength and hess over the course of multiple, expertly guided arkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £180 |
| Strength & Conditioning Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: ** I the pac ma con Mo Periode Mo Mo Mo Mo Mo | ngle 1:1 Session - Perfect for those seeking a ligle, focused training session. Benefit from one-on- e coaching designed to target your individual goals d improve strength and conditioning.Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and ness over the course of multiple, expertly guided orkouts.Package of 5 1:1 Sessions - Take your training to e next level with five dedicated sessions. This | £180 |
| Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: | rkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £180 |
| Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: | e coaching designed to target your individual goals d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and ness over the course of multiple, expertly guided orkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £180 |
| Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: | d improve strength and conditioning. Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and ness over the course of multiple, expertly guided wrkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | £180 |
| Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: the pad ma con | Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and ness over the course of multiple, expertly guided orkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | |
| Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: the pad ma con | Package of 4 1:1 Sessions - Commit to consistent ogress with a package of four personalized ssions. Ideal for those looking to build strength and ness over the course of multiple, expertly guided orkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | |
| Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: | ssions. Ideal for those looking to build strength and ness over the course of multiple, expertly guided orkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | |
| Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs: the par ma con Mo fitn loo Mo | ness over the course of multiple, expertly guided orkouts. Package of 5 1:1 Sessions - Take your training to a next level with five dedicated sessions. This | |
| personalized, 1:1 training sessions tailored to your needs: ** I the pace ma cor fitm loo Mo | Package of 5 1:1 Sessions - Take your training to next level with five dedicated sessions. This | |
| tailored to your needs: ** I the pac ma con Mc per fitm loo Mc | Package of 5 1:1 Sessions - Take your training to e next level with five dedicated sessions. This | |
| the pace ma cor fitm loo Mo Mo | e next level with five dedicated sessions. This | |
| pad ma cor Mo pel fitm loo Mo | | |
| ma cor Mc per fitn loo Mc | ckage offers great value for those committed to | |
| cor Mc per fitm loo Mc | chage chere great value for these committee to | £225 |
| Mc per fitn loo Mc | aking significant improvements in their strength and | |
| per fitn Ioo Mo | nditioning. | |
| per fitn Ioo Mo | | |
| fitn Ioo Mc | onthly Subscription - Gain access to a | |
| loo Ma | rsonalized training plan designed to meet your | £50 |
| Mo | less goals. This subscription is perfect for those | |
| | oking for structured guidance and progress tracking. | |
| | onthly Subscription + Bootcamp - Combine the | |
| | wer of a personalized training plan with bootcamp | |
| | ssions! Enjoy structured workouts and the added | £74 |
| Optimize your fitness journey with inte | ensity of bootcamp training for a complete fitness | |
| | perience. | |
| | I Strength & Conditioning session with Training | |
| | an Subscription - Enhance your training plan with | |
| | cused, one-on-one Strength & Conditioning | £35 |
| | ssions at a discounted rate. This option provides | 200 |
| | rsonalized coaching to help you achieve even | |
| | eater results. | |
| | Session - This one-hour session evaluates your | |
| | rrent fitness level, helping to identify strengths and | |
| | | |
| | eas for improvement. Proving you with tailored | £45 |
| | commendations to help you set achievable goals | |
| | | |
| ex | commendations to help you set achievable goals | |
| Fitness Assessment red and loo | eas for improvement. Proving you with tailored | £45 |

* 1:1 S&C and Bootcamps are all 1 hour sessions

** S&C Packages can be used over a 3 month period