

Rudd Fitness Coaching Pricing from 1st Feb 2026

<p>Bootcamps</p> <p>Choose the plan that best fits your fitness journey:</p>	<p>Single Session - Perfect for those looking to drop in for a one-time workout. Get a taste of our dynamic bootcamp experience with no long-term commitment.</p>	<p>£10</p>
	<p>Monthly Subscription 1 per week - Stay consistent with a weekly workout! This plan includes one bootcamp session per week, offering flexibility and great value for those aiming to maintain a regular fitness routine.</p>	<p>£28</p>
	<p>Monthly Subscription unlimited sessions - For those serious about their fitness goals, enjoy unlimited bootcamp sessions each month. Maximize your progress and make the most of a full range of workouts with this all-access pass.</p>	<p>£50</p>
<p>Strength & Conditioning</p> <p>Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs:</p>	<p>Single 1:1 Session - Perfect for those seeking a single, focused training session. Benefit from one-on-one coaching designed to target your individual goals and improve strength and conditioning.</p>	<p>£50</p>
	<p>** Package of 4 1:1 Sessions - Commit to consistent progress with a package of four personalized sessions. Ideal for those looking to build strength and fitness over the course of multiple, expertly guided workouts.</p>	<p>£180</p>
	<p>** Package of 5 1:1 Sessions - Take your training to the next level with five dedicated sessions. This package offers great value for those committed to making significant improvements in their strength and conditioning.</p>	<p>£225</p>
<p>Training Plans</p> <p>Optimize your fitness journey with our tailored training plans:</p>	<p>Monthly Subscription - Gain access to a personalized training plan designed to meet your fitness goals. This subscription is perfect for those looking for structured guidance and progress tracking.</p>	<p>£50</p>
	<p>Monthly Subscription + Bootcamp 1 per week - Combine the power of a personalized training plan with bootcamp sessions! Enjoy structured workouts and the added intensity of bootcamp training for a complete fitness experience.</p>	<p>£74</p>
	<p>Monthly Subscription + Bootcamp Unlimited - Combine the power of a personalized training plan with bootcamp sessions! Enjoy structured workouts and the added intensity of bootcamp training for a complete fitness experience.</p>	<p>£95</p>
<p>Fitness Assessment</p>	<p>1:1 Strength & Conditioning session with Training Plan Subscription - Enhance your training plan with focused, one-on-one Strength & Conditioning sessions at a discounted rate. This option provides personalized coaching to help you achieve even greater results.</p>	<p>£35</p>
	<p>1:1 Session - This one-hour session evaluates your current fitness level, helping to identify strengths and areas for improvement. Providing you with tailored recommendations to help you set achievable goals and create a plan for success. Perfect for those looking to begin or refine their fitness journey with expert guidance.</p>	<p>£45</p>

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

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