

Train with Bos

Pricing + Packages

1-1 Personal Training Session

55 minute session - £40

Weekly 1-1 Package : £160 per month

Weekly 1-1 personal training session

Fitness assessment check

Consultation and goal setting

Personalised exercise program with your goals in mind

Nutritional guidance

Calorie and macronutrient advice

Weekly check in calls

2x Weekly Package : £260

2 x 1-1 sessions a week

Consultation and goal setting

Fitness assessment check

Personalised exercise program with your ability and goals in mind

Nutritional advice

Calorie and macronutrient guidance

Weekly check ins

3x Weekly Package : £360

3 weekly 1-1 personal training sessions

Consultation and goal setting

Fitness assessment check

Personalised exercise program with your ability and goals in mind

Nutritional advice

Calorie and macronutrient guidance

Weekly check ins

Boxing Fitness 1-1 / small group classes

Single 45 minutes - £30

Package A : £120 month

Weekly 45 min Padwork

Weekly Check Ins

Nutritional guidance

Calories and macros set

Package B : £210 a month

2x Weekly 45 min Padwork

Weekly Check Ins

Nutritional guidance

Calories and macros set

Online Coaching monthly subscription : £70

Personalised bespoke program

Calorie and macronutrient goal set

Nutritional guidance and recipes in line with your goals

Weekly checkins

Daily tracking

Train with Bos

Terms & Conditions

Purchasing & Payments:

All payments must be made in full by bank transfer/standing order or via Stripe.

Direct debits for Personal Training packages* are a minimum 2-month commitment. Following this, the monthly payment will continue on a rolling month 'flexi' basis.

All direct debit Personal Training* sessions must be used within the calendar month. Any sessions not used within the calendar month will be lost without any refund and may not be carried on to following months (unless stated otherwise by your trainer).

Payments will be taken on the same day every month as agreed with your trainer.

Session Cancellations & Rescheduling:

If you are late by 15 minutes of the agreed start time for the session, your session may be canceled without refund.

If your trainer is late to the session by 15 minutes, you are entitled to an extra session on top of the one already paid for.

If your trainer fails to give you 24 hours' prior notice of any session cancellation, you will be entitled to 1 extra hour of personal training, in addition to the session that you missed.

All sessions have a 24-hour notice period for any cancellation of a Personal Training* session.

Cancellations or rescheduling can be made directly through WhatsApp. If you do not provide the minimum of 24 hours' prior notice, you may lose that session and no refund will be made to you.

Any rearranged Personal Training* sessions will be at a time mutually agreed between you and the trainer.

If the trainer is off sick or on holiday, sessions can be rescheduled out of contract to make up for missed session(s). This can be organised directly with your trainer.

Cancellation of ongoing training:

If you want to cancel, or change your direct debit, you must give 15 days written prior notice to the next payment date via email.

A written notice to freeze, cancel or change the number of Personal Training* sessions per month is required, unless the client experiences sudden illness or acute injury so cannot train.

If you have completed 2 full months of Personal Training* and you choose to finish your sessions going forward, you must notify your trainer with written notice.

If within minimum term, memberships cannot be canceled but can be frozen until able to restart to complete the minimum term.

*Personal Training refers to all Personal Training packages, Small Group Personal Training and Online Coaching packages