



Personal Training Sessions

(Train with the guy who trains the Trainers!!)

Whatever! Wherever! Whoever!

**Get Ready for a
Special Event!**

**Realise Your
True Potential!!**

LA Revolution
members discounted
price £30 per session

Non LA Revolution
members £40 per
session

(Buy 5 sessions and get one free)

☺ 1-2-1 or small group sessions

☺ Beginners – Regular Exercisers - Advanced

For more details or to book a session call
Les on 07804 795655