Group Personal Training

AOT Sports & Fitness Brentford

INFO PACK

2026

Welcome to AOT Sports & Fitness

At AOT, we're serious about physical wealth and passionate about helping our local community build resilient, strong bodies and minds —so they can live actively, age confidently, and keep doing what they love without limitation.

OUR FRAMEWORK: THE 4 PILLARS OF HEALTH

Everything we do is built around four pillars that support your training and your lifestyle:

- Nutrition
- Hydration
- Movement
- Sleep

With us, you're not just "getting fit" — you're building skills for life, one good choice at a time.

Your Start Point: 1-on-1 Onboarding (OnRamp Programme)

Every member begins with a 1-on-1 onboarding programme called OnRamp.
The goal is simple: help you feel confident, capable, and at home before you join our Group Personal

What we focus on in OnRamp

During OnRamp we'll:

- Teach you technique, movement patterns, and training skills
- Make sure you understand how to train safely and effectively
- Get to know you — your goals, lifestyle, and challenges
- Build a Personalised Nutrition Guideplan that supports goals and progress you can actually sustain

After OnRamp: Your Next Step

Once you complete OnRamp, we sit down and have a little goal review chat during which you get to decide which monthly plan would work best for you.

GROUP PERSONAL TRAINING: COACHING THAT ACTUALLY COACHES

Even though you'll train within a supportive group environment, your journey, progressions, and coaching experience are always approached with the individual in mind.
Our small group sessions are designed so you're never "lost in the crowd."
What you can expect:

- Small group classes capped at 8 people maximum, so coaches can actually coach
- Progressive overload and new training plan every month
- Form corrections and coaching support throughout
- The right level of challenge to help you progress safely and consistently

Alongside Group Personal Training sessions, we also offer additional fitness classes complementing our strength & conditioning sessions, such as:

- Boxfit
- Conditioning Circuits
- Elevate Movement (bodyweight mobility and core strength)
- Yoga

These sessions are available to all members within each monthly package.

Click here to view our current timetable.

Customizable monthly plans

01

Our monthly plans are build around your:

- Goals
- Training needs
- Lifestyle and schedule

02

In addition to training sessions, the monthly plan also provide you with:

- Quarterly Goal & Progress Review
- Quarterly Body Scans, Grip Strength Test
- Access to Resources via the App
- Gym Access

03

The prices of our monthly plans depend on two main factors:

- number of weekly sessions (group PT and Fitness Classes
- Open gym access (optional)
- Prices per sessions vary; £15- £8 per session.

Ready to Start? Or Want to Discuss OnRamp and Monthly Plan Options in more Detail?

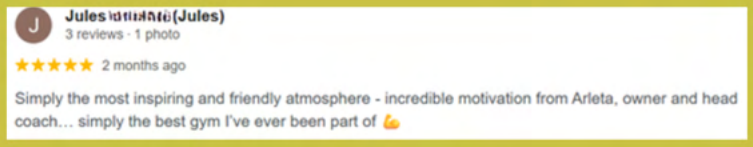
Book a No Sweat Intro and let's see how can we help?

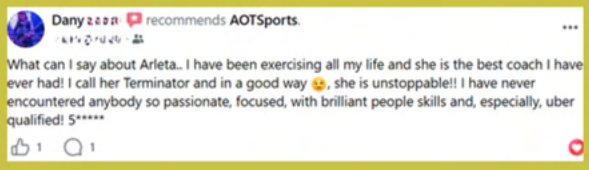
During your Free No Sweat Intro we are happy to:

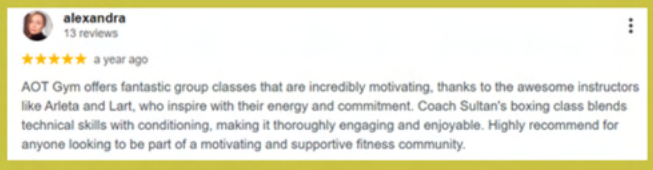
- Assess your body composition
- Review your overall health
- Help you set a realistic action plan based on where you are right now
- No strings attached

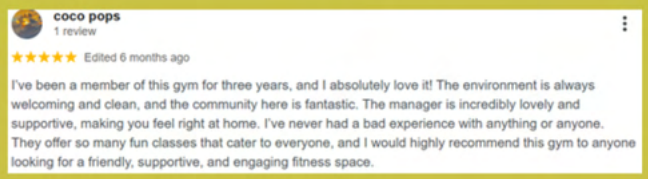
What our memebers & clients say about us

★★★★★









No Sweat Intro

@AOTSPORTS