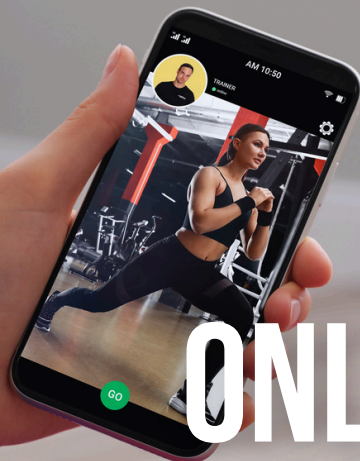




ONLINE & HYBRID TRAINING

AOT ESSENTIAL

PACKAGE INCLUDES:

Expert coaching, wherever
you train.

- ✓ Monthly personalised
training programme updated
regularly (CoachRX app)
- ✓ Customised calorie &
macro targets
- ✓ Lifestyle coaching
- ✓ Progress tracking
- ✓ Direct Coach support &
accountability
- ✓ Exercise video library

£89
PER/ MONTH

AOT ACCESS

PACKAGE INCLUDES:

Everything in Essential,
plus access to the AOT
studio gym.

- ✓ AOT Gym Access
Membership

£119
PER/ MONTH

AOT COMPLETE

PACKAGE INCLUDES:

The complete coaching
experience, with monthly
one-to-one coaching to
keep you progressing.

- ✓ 75min 1-to-1 Personal
Training session per
month

£179
PER/ MONTH

JUNE 2026