

360ATHLETIC

# Programmes

Our expert teams combine personalised fitness coaching with physiotherapy services to optimise your performance and recovery. Find the athlete within you.

We focus on your progress, we are here to support you: from injury recovery and prevention, to performance optimisation in order to achieve your goals. Join us for a bespoke and goal led journey with exclusive physiotherapy and specialised manual therapy services, one-to-one and small group coaching, classes and a nutrition cafe.



TRAINING



PHYSIOTHERAPY



NUTRITION

## 30 Day Intro Package

£179

What's included:

8 credits for semi-private coaching sessions  
UNLIMITED group classes (first come first served)  
30 minute movement screening at The Clinic (expiry 7 days from sign up)

One-off payment, no obligation to commit following 30 day trial.  
After the trial you will gain access to package 1 or 2.

5 sessions per week for a month would work out as £8.95 per session. Outrageous value for money!

## Package 1

£359

What's included:

8 semi-private coaching sessions per month  
UNLIMITED group classes (first come first serve)

**Monthly payment plan, automatic renewal,  
1 month's notice to cancel.**

## Package 2

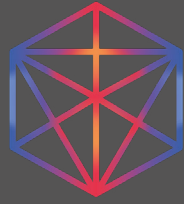
£459

What's included:

12 semi-private coaching sessions per month  
UNLIMITED group classes (first come first serve)

**Monthly payment plan, automatic renewal,  
1 month's notice to cancel.**





360ATHLETIC

# The Coaching

Our expert teams combine personalised fitness coaching with physiotherapy services to optimise your performance and recovery. Find the athlete within you.

We focus on your progress, we are here to support you: from injury recovery and prevention, to performance optimisation in order to achieve your goals. Join us for a bespoke and goal led journey with exclusive physiotherapy and specialised manual therapy services, one-to-one and small group coaching, classes and a nutrition cafe.



TRAINING



PHYSIOTHERAPY



NUTRITION

## Classes

Available for members & non-members

Single class £20

Block of 5 £95  
(valid for 1 month, £19 per session)

Block of 10 £185  
(valid for 3 months, £18.50 per session)

Block of 20 £350  
(valid for 3 months, £17.50 per session)

Monthly unlimited £275  
(up to 7 sessions per week)

**Monthly payment plan, automatic renewal,  
1 month's notice to cancel.**

## Personal Training

Available for members & non-members

Single session £100

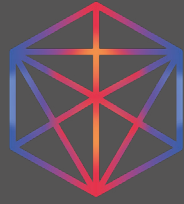
2 sessions per week £90 per hour £720 per month

3 sessions per week £85 per hour £1020 per month

4 sessions per week £80 per hour £1280 per month

**Minimum of 1 month of coaching per booking . The selected programme shows the maximum number of sessions per week within that month.**





**360ATHLETIC**

## The Clinic

Our expert teams combine personalised fitness coaching with physiotherapy services to optimise your performance and recovery. Find the athlete within you.

We focus on your progress, we are here to support you: from injury recovery and prevention, to performance optimisation in order to achieve your goals. Join us for a bespoke and goal led journey with exclusive physiotherapy and specialised manual therapy services, one-to-one and small group coaching, classes and a nutrition cafe.



TRAINING



PHYSIOTHERAPY



NUTRITION

## Physiotherapy

Available for members & non-members

Physiotherapy 1 hour £105  
Physiotherapy 45 mins £95  
Physiotherapy 30 mins £85

Gait Analysis £105

Rehab 1 hour £105  
Rehab 30 mins £65

## Sports Massage

Available for members & non-members

Sports Massage 90 mins £125  
Sports Massage 1 hour £90  
Sports Massage 30 mins £60

Sports Therapy 1 hour £105  
Sports Therapy 45 mins £95  
Sports Therapy 30 mins £85

## Specialised Treatments

Available for members & non-members

Myofascial Release 90 mins £135  
Myofascial Release 1 hour £95  
Myofascial Release 30 mins £65

Deep Tissue Therapy 90 mins £135  
Deep Tissue Therapy 1 hour £95  
Deep Tissue Therapy 30 mins £65



170 Vauxhall Bridge Road  
London SW1P 1JQ

info@360athletic.co.uk  
www.360athletic.co.uk