



		<b>BLOCK 1</b> <b>MON 6<sup>TH</sup> JANUARY – SAT 15<sup>TH</sup> FEBRUARY</b> <b>DURATION: 6 WEEKS</b>				<b>SATURDAY TRAINING SCHEDULE</b>	
<b>TUESDAY – FRIDAY TRAINING SCHEDULE</b>							
TIMES:	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIMES:	SATURDAY	
*6AM	JMAX STRENGTH CAMP (4 CLIENTS)		JMAX STRENGTH CAMP (4 CLIENTS)		*7AM	JMAX STRENGTH CAMP (4 CLIENTS)	
*7AM	JMAX STRENGTH CAMP (4 CLIENTS)	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING	JMAX STRENGTH CAMP (4 CLIENTS)	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING	*8AM	JMAX STRENGTH CAMP (4 CLIENTS)	
*9.15AM	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING	JMAX STRENGTH CAMP (4 CLIENTS)	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING	JMAX STRENGTH CAMP (4 CLIENTS)	*9AM	JMAX STRENGTH CAMP (4 CLIENTS)	
 PERSONAL TRAINING MIDDAY TIMES AVAILABLE *TUES - FRI *11AM – 2PM  *TRAINING TIMES AVAILABLE ON REQUEST*					*10AM	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING	
*1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING							
*3PM *3.45PM *4.30PM *5.15PM	CRAIGMORE SWIM SCHOOL FITNESS (6 CLIENTS)	CRAIGMORE SWIM SCHOOL FITNESS (6 CLIENTS)	CRAIGMORE SWIM SCHOOL FITNESS (6 CLIENTS)	CRAIGMORE SWIM SCHOOL FITNESS (6 CLIENTS)	*11AM	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING	
*7PM	JMAX STRENGTH CAMP (4 CLIENTS)	JMAX STRENGTH CAMP (4 CLIENTS)	JMAX STRENGTH CAMP (4 CLIENTS)	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING	*12 NOON	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING	
*8pm	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING	PERSONAL TRAINING *1 TO 1 *GYM BUDDY *REHAB & RECONDITIONING			



**BEGINNING:**  
**START: MON 6<sup>TH</sup> JAN**  
**END: SAT 15<sup>TH</sup> FEB**  
**DURATION: 6 WEEKS**

**FOR DETAILS:**  
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# J MAX FITNESS PRICING LIST 6 WEEKS

	CONSULTATION	BOOK 1 SESSION	BOOK 3 SESSIONS	BOOK 6 SESSIONS	BOOK 12 SESSIONS	BOOK 18 SESSIONS
<b>PERSONAL TRAINING SERVICES</b>						
<b>1 TO 1 TRAINING</b>	FREE	£28	£75 £25 A SESSION	£138 £23 A SESSION	£258 £21.50 A SESSION	£360 £20 A SESSION
<b>REHAB / RECONDITIONING  (1 CLIENT) OR (2 CLIENTS)</b>	FREE	£28	£75 £25 A SESSION	£138 £23 A SESSION	£258 £21.50 A SESSION	£360 £20 A SESSION
<b>GYM BUDDY  (2 CLIENTS)</b>	FREE	£15 P/P  £15 A SESSION	£40 P/P  £13.33 A SESSION	£75 P/P  £12.50 A SESSION	£144 P/P  £12 A SESSION	£190 P/P  £10.55 A SESSION
<b>JMAX STRENGTH CAMP  (4 CLIENTS)</b>	FREE			£54 P/P  £9 A SESSION	£105 P/P  £8.75 A SESSION	£153 P/P  £8.50 A SESSION
  (4 CLIENTS)	FREE					£485 P/P  £26.94 A SESSION



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**J MAX FITNESS**

**Thank you**