

PERSONAL TRAINING AT THE PENINSULA LONDON

Achieve your fitness goals with bespoke personal training from
ONE: PERSONAL TRAINING at The Peninsula Spa & Wellness Centre.

Our expert trainers offer tailored sessions designed to enhance
strength, mobility, and overall wellbeing.

PERSONAL TRAINING SESSIONS

One-to-One Personal Training	60 min	£250
One-to-One Injury Rehabilitation	60 min	£250
One-to-One Mat Pilates	60 min	£250
One-to-One Yoga	60 min	£250
One-to-One Boxing Coaching	60 min	£250
Assisted Thai Stretching	60 min	£250
Guided Stretching	60 min	£250
Virtual Personal Training, Pilates and Yoga	60 min	£250
One-to-One Personal Training with Henry Barratt	60 min	£400

CURRENT OFFERS

Five 60-Minute Sessions (pre-paid)	£1,188
Ten 60-Minute Sessions (pre-paid)	£2,250

For bookings and further information, please contact
The Peninsula Spa & Wellness Centre.