



Personal Training Packages Available
Unlimited access to our PT app
Unlimited Online Support
4 week, 8 week, 12 week



 FITNESS PLAN!

 GET Unlimited Online Support

 KEY OF SUCCESS



Contact us at: info@btsptclinic.com

Call us on: 083 8219845

The PT & Performance Clinic



Online Coaching Business Executives

- ☒ Goal setting
- ☒ Motivation techniques
- ☒ Self Confidence
- ☒ Tailored Exercise plans
- ☒ Nutritional plans
- ☒ Time management
- ☒ Monthly 1 to 1 reviews
- ☒ Online 24/7 Support



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♥ PT APP

🔑 KEY OF SUCCESS

👍 GET 24/7 SUPPORT

Find us on:
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@PTandPerformanceClinic



Phone: 0838219846 -
Email: info@btsptclinic.com

 **Daily Workout Programs with app**

Our online workout calendars track your progress through professionally built daily workout programs.

- * Personal Training
- * Performance Training
- * Nutritional Analysis
- * Nutritional Plan
- * Tailored programs
- * PT App
- * 24/7 Support

4 week packages
8 week packages
12 week packages

