



studio services

Info on the services at the LAPT Studio!

The LAPT Studio, located off Featherby Road in Gillingham offers personal training, group training, private hire - and career paths!

hourly prices from **£35**



spoke training

Personal training tailored to your exact needs.

Hire one of our experienced specialist studio PT's who'll provide full accountability to help you achieve your health & fitness goals.

ZAPT

hourly prices from **£20**

budget training

Personal training at a fraction of the cost.

Hire one of our studio PT's who'll help you achieve your health & fitness goals with in-studio one to one accountability.

102A Featherby Road, Gillingham, ME8 6BB

additional monthly fee **£35**



gym membership

Private hire alongside your personal training. Supplement your personal training with a monthly gym membership. Only available to active PT clients. T&C's apply.

unlimited monthly pass **£60**

*The best
get to*

studio classes

Group training at the LAPT Studio!

Classes at the studio are designed to bridge the gap between personal training & large gym classes, for all ages & fitness levels.

hourly prices from **£10**

private hire

Hire individual rooms or the whole studio

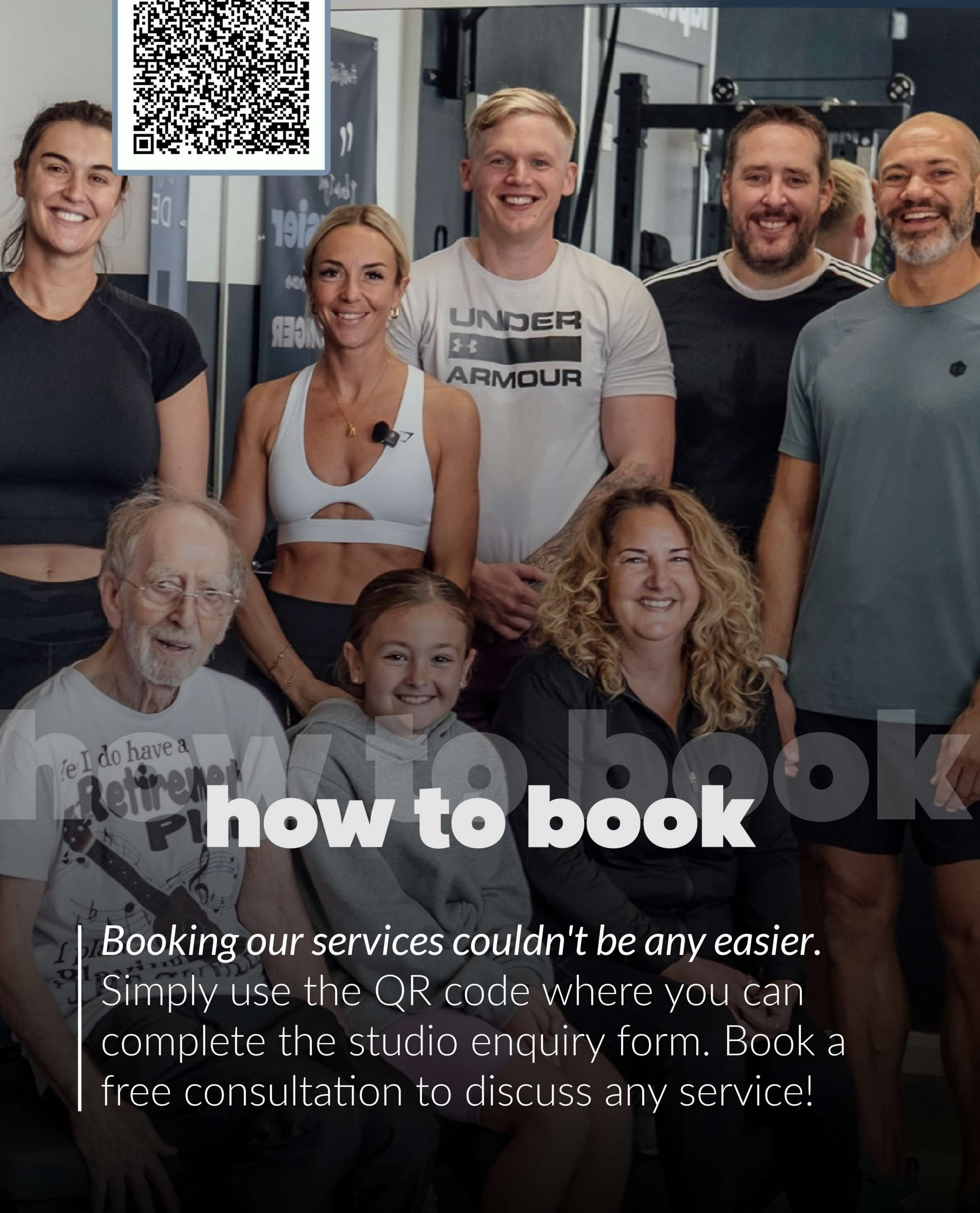
Film for qualifications, social media - or even to host a fitness event. Full studio hire gives you sole exclusive usage of the facilities.

Studio trial totally **FREE**

Hire the studio as a personal trainer

There's multiple options for personal trainers to build a business at the studio. From rent-free to a set fee, get in touch today.

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how to book

Booking our services couldn't be any easier.
 Simply use the QR code where you can complete the studio enquiry form. Book a free consultation to discuss any service!