

|   | PACKAGE NAME               | NO. OF SESSIONS & VALIDITY                                   | FREQUENCY OF CONSULTATION |
|---|----------------------------|--|---------------------------|
| <b>Sports &amp; Performance Nutrition<br/>(SPN)</b><br><br><i>Available in<br/>Premium &amp; Prestige</i> | <b>Performance - 10</b>    | <i>10 Sessions in 12 Months<br/>whichever finishes first</i> | Monthly                   |
|   | <b>Performance – 20</b>    | <i>20 Sessions in 12 Months<br/>whichever finishes first</i> | Fortnightly               |
| <b>Specialised SPN Packages</b><br><i>Available in Premium &amp; Prestige</i>                             | <b>“Hyrox Charge – 10”</b> | <i>10 Sessions in 12 Months<br/>whichever finishes first</i> | Monthly                   |