

# THE SHREDQUARTERS PLYMOUTH

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## PRICE LIST



### THE DETAILS:

All memberships run for 8 weeks.  
£40 joining fee

### BASIC MEMBERSHIP:

3 classes per week - £15 per week

### UNLIMITED MEMBERSHIP:

unlimited classes - £20 per week

### 8 WEEK SHRED:

Unlimited classes, one personal training session per week, personalised nutrition plan and weekly weigh-ins/measurements  
- £60 per week