



BodyReady @BodyReadySTPT

Sports Therapy/Rehabilitation. Sports Massage. Injury Management & Prevention.
Electrotherapy. Group/Individual Personal Training. Nutritional Advice.

Lauren Wood who is based in Peterborough contact: 07710505828 for bookings, enquiries and advice.

Sports therapy/sports massage prices:

£30 = 60 minutes

£25 = 45 minutes

£20 = 30 minutes

Personal training prices:

£25 = 60 minutes

£20 = 45 minutes

£15 = 30 minutes