

**“A GREAT WAY TO BUILD  
TEAMWORK AND  
CAMARADERIE WITH A BIT  
OF HEALTHY COMPETITION  
FOR OUR TEAM”**



**CORPORATE EXERCISE CLASSES**

**TEAM FOCUSSED EXERCISE  
CLASSES WITH GREAT MUSIC AND  
GREAT TRAINERS**

**ENQUIRE NOW FOR YOUR NEXT  
WORK SOCIAL OR AWAY DAY**

**EMAIL: [INFO@MILOANDTHEBULL.COM](mailto:INFO@MILOANDTHEBULL.COM)**



# About Us

Join the Milo and the Bull team for your next work offsite.

Milo and the Bull was founded in 2019 by Retired Harlequins Player George Lowe and Professional Rower Richie Steele. Since opening the first studio in Clapham, Milo and the Bull has built three sites across London, specialising in high performance training and exercise classes focussing on community, feeling good and team work.

Built as a gym which focusses on community and enjoyment over aesthetics, we've created the perfect corporate package for you and your colleagues.



# Pricing

<b>Private Class (Up to 20 People) One Hour</b>	<b>One Trainer</b>	<b>£250 + VAT</b>
<b>Private Class (Up to 24 People) One Hour</b>	<b>One Trainer</b>	<b>£300 + VAT</b>
<b>Private Class (Up to 20 People) One Hour</b>	<b>Two Trainers</b>	<b>£350+ VAT</b>
<b>Private Class (Up to 24 People) One Hour</b>	<b>Two Trainers</b>	<b>£400+VAT</b>

For enquiries on class specifics and timings please email [julia@milolandthebull.com](mailto:julia@milolandthebull.com)