

FULFILLMENT POLICY

All orders are processed within 3 to 5 business days (excluding weekends and holidays) after receiving your order confirmation email.

For nutrition orders an email will be sent out with a questionnaire that needs to be filled out. The complete nutrition package will be sent out 3 to 5 business days after the completed questionnaire was received.

For personal training orders an email will be sent out within 1-2 business days to book out the sessions.

For any further information on refunds check out the return/refunds policy linked on the website.