

STRIVE AUTUMN BLOCK 2025 TIMETABLE & PRICE LIST

12 WEEK TRAINING PERIOD (15 September - 14 December)

NEW CLIENTS - email us at info@westrive.gg to book your subscription or course.

RUN & STRENGTH SUBSCRIPTIONS

WEEKLY SESSION	SUBSCRIPTION FEE
Monday Run Fit 6.30 - 7.30pm Track & Town Hills	£156 (12 x 60 min sessions)
Monday Strength & Conditioning 6.15 - 7.15pm CoFE Delancey Campus Gym	£156 (12 x 60 min sessions)
Tuesday Teen Strength (14+) 6.15 - 7.15pm CoFE Delancey Campus Gym	£71.50 (11 x 60 min sessions)
Thursday Strength & Conditioning 6.15 - 7.15pm CoFE Delancey Campus Gym	£156 (12 x 60 min sessions)
Drop-In (Single Session)	£15.00 (subject to availability)

SWIM FIT (POOL) SUBSCRIPTIONS

WEEKLY SESSION	SUBSCRIPTION FEE
Monday Swim Fit (Speed Endurance) 6.30 - 7.30am Les Beaucamps High School	£171 (12 x 60 min sessions)
Tuesday Swim Fit (Technique & Endurance) 6.30 - 7.30am Les Beaucamps High School	£171 (12 x 60 min sessions)
Friday Swim Fit (Speed & Fitness) 6.00 - 7.00pm St Sampsons High School	£156.75 (11 x 60 min sessions) <i>No session Friday 21 November</i>
Sunday Swim Fit (A Bit of Everything!) 10.00 - 11.00am St Sampsons High School	£142.50 (10 x 60 min sessions) <i>No session Sunday 21 September & Sunday 23 November</i>
Drop-In (Single Session)	£15.50 (subject to availability)

INDIVIDUAL TRAINING & PLANS

TYPE	FEE	TERMS & CONDITIONS
LAURA STRENGTH & GENERAL FITNESS	From £60 / hour (1:1)	Solo, Duo, Small Groups Family Groups
AMY SWIM, BIKE, RUN TECHNIQUE & FITNESS TRIATHLON	From £60 / hour (1:1)	Solo, Duo, Small Groups Family Groups
Bespoke event / race training plan	From £80 / month	Single or Multisport
Bespoke Strength plan	From £65 / month	Min 3-month commitment

TERMS & CONDITIONS

Before joining your first-ever session with Strive Coaching & Development, you are required to complete our Medical & Consent Form which will be emailed to you on request.

ALL payments must be received PRIOR to your first session via bank transfer (including all drop-in sessions)

Sorry, Strive no longer accepts cash.

Refunds - subscriptions

If you need to cancel your subscription before the training block commences a full refund (minus a 10% admin fee) will be given. Any cancellations must be made 7 working days before your FIRST session to receive your refund.

If you need to cancel your subscription DURING the training period due to extenuating circumstances, a 50% refund of the remaining portion of the block (minus 10% admin fee) will be given.

Any sessions missed within the block cannot be carried forward or offered as credit in the next training block.

Session cancellations

In the event of your session being cancelled due to unforeseeable circumstances (facility closure, staff illness) we will endeavour to offer a 'make up' session.