AUTUMN TRAINING BLOCK 2026

8 WEEKS: MON 12/10 - SUN 6/12

PRICES

RUN & STRENGTH SUBSCRIPTIONS

MONDAY RUN FIT 1830-1930, FOOTES LANE TRACK / TOWN HILLS	£104 - 8 SESSIONS
MONDAY STRENGTH 1815-1915, DELANCEY COLLEGE GYM	£104 - 8 SESSIONS
THURSDAY STRENGTH 1815-1915, DELANCEY COLLEGE GYM	£104 - 8 SESSIONS
ALL DROP IN	£15 PER SESSION

SWIM FIT SUBSCRIPTIONS

MONDAY STROKE & FITNESS DEV 0630-0730, LES BEAUCAMPS	£114 - 8 SESSIONS
TUESDAY STROKE & FITNESS DEV 0630-0730, LES BEAUCAMPS	£114 - 8 SESSIONS
FRIDAY ENDURANCE SPECIAL 1800-1900, ST SAMPSONS HIGH	£114 - 8 SESSIONS
SUNDAY STROKE & FITNESS DEV 1000-1100, ST SAMPSONS HIGH	£114 - 8 SESSIONS
ALL DROP IN	£15.50 PER SESSION

BESPOKE TRAINING PLANS & 1:1 COACHING

MULTI-SPORT 12-16 WEEK TRAINING PLAN Bespoke to you, your goal and your lifestyle	£120-160 one off fee
1:1 PERSONALISED COACHING Coaching support & guidance to achieve your goal	£100 / month *Limited availability*
STRENGTH & CONDITIONING PLAN Choose from Bronze, Silver & Platinum packages	From £65 / Month
1:1 TRAINING SESSION Swim, Bike, Run, S&C, General Fitness	From £60 / Hour

Discover our world of Multi Sport: www.westrive.gg @westrivegg. VIEW Ts&Cs