

STRIVE AUTUMN BLOCK 2024 TIMETABLE & PRICE LIST

12 WEEK TRAINING PERIOD (9 September - 8 December)

BREAK WEEK: 28 Oct - 3 November no sessions

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	£156 (12 x 1 hour sessions)
Monday Strength & Conditioning 6.15 - 7.15pm CoFE Delancey Campus Gym	£143 (11 x 1 hour sessions) <i>No session Monday 21 Oct</i>
Thursday Strength & Conditioning 6.30 - 7.30pm CoFE Delancey Campus Gym	£143 (11 x 1 hour sessions) <i>No session Thursday 24 Oct</i>
Drop In (Single Session)	£15.00 (subject to availability)

SWIM FIT (POOL) SUBSCRIPTIONS

WEEKLY SESSION	SUBSCRIPTION FEE
Monday Mover (Speed Endurance) 6.30 - 7.30am Les Beaucamps High School	£165 (12 x 60 min sessions)
Tuesday Tekkers (Technique & Endurance) 6.30 - 7.30am Les Beaucamps High School	£165 (12 x 60 min sessions)
Friday Froth (Speed & Fitness) 6.00 - 7.00pm St Sampsons High School	£151.75 (11 x 60 min sessions) <i>No session Friday 27 Sep</i>
Sunday Mash Up (A Bit of Everything!) 10.00 - 11.00am St Sampsons High School	£151.75 (11 x 60 min sessions) <i>No session Sunday 29 Sep</i>
Drop-In (Single Session)	£15.00 (subject to availability)

PERSONAL TRAINING

TYPE	FEE	TERMS & CONDITIONS
LAURA STRENGTH & GENERAL FITNESS	From £50 / hour (1:1)	Solo, Duo, Small Groups Family Groups
AMY SWIM, BIKE, RUN TECHNIQUE & FITNESS TRIATHLON	From £50 / hour (1:1)	Solo, Duo, Small Groups Family Groups
Bespoke training plan	From £60 / month	Single or Multisport

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 and for 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 5 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 will not be carried forward or offered as credit within following training blocks.

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.