

## STRIVE SPRING BLOCK 2026 TIMETABLE & PRICE LIST

11 WEEK TRAINING PERIOD (Monday 13 April - Friday 26 June)

NEW CLIENTS - email us at [info@westrive.gg](mailto:info@westrive.gg) to book your subscription or course.

### RUN & STRENGTH SUBSCRIPTIONS

WEEKLY SESSION	SUBSCRIPTION FEE
<p style="text-align: center;"><b>Monday Run Fit</b> 6.30 - 7.30pm Athletics Track &amp; Coastal Trails</p>	<p>£117 (9 x 60 min sessions) <i>(no sessions 4 &amp; 25 May)</i></p>
<p style="text-align: center;"><b>Monday Strength &amp; Conditioning</b> 6.15 - 7.15pm CoFE Delancey Campus Gym</p>	<p>£117 (9 x 60 min sessions) <i>(no sessions 4 &amp; 25 May)</i></p>
<p style="text-align: center;"><b>Thursday Strength &amp; Conditioning</b> 6.15 - 7.15pm CoFE Delancey Campus Gym</p>	<p>£143 (10 x 60 min sessions) <i>(no session 25 June)</i></p>
<p><b>Drop-In</b> (Single Session)</p>	<p>£15.00 (subject to availability)</p>

### SWIM FIT (POOL) SUBSCRIPTIONS

WEEKLY SESSION	SUBSCRIPTION FEE
<p style="text-align: center;"><b>Monday Swim Fit (Tech, Speed &amp; Endurance)</b> 6.30 - 7.30am Les Beaucomps High School (4 lanes)</p>	<p>£128.25 (9 x 60 min sessions) <i>(no sessions 4 &amp; 25 May)</i></p>
<p style="text-align: center;"><b>Tuesday Swim Fit (Tech, Speed &amp; Endurance)</b> 6.30 - 7.30am Les Beaucomps High School (4 lanes)</p>	<p>£156.75 (11 x 60 min sessions)</p>
<p style="text-align: center;"><b>Friday Swim Fit (Speed &amp; Fitness)</b> 6.00 - 7.00pm St Sampsons High School (6 lanes)</p>	<p>£142.50 (10 x 60 min sessions) <i>(no session 15 May - Schools Tri)</i></p>
<p style="text-align: center;"><b>Sunday Swim Fit (Tech, Speed &amp; Endurance)</b> 10.00 - 11.00am St Sampsons High School (6 lanes)</p>	<p>£142.50 (10 x 60 min sessions)</p>
<p><b>Drop-In</b> (Single Session)</p>	<p>£15.50 (subject to availability)</p>

## 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.