



Monthly Membership Terms

Payment Schedule

Monthly memberships are due on the **1st of each month**, unless a different date has been agreed in advance.

Cancellation Notice

A **30-day notice period** is required to cancel a monthly membership and return to pay-as-you-go, whether this is for personal reasons or a change in circumstances.

Rejoining After Cancellation

After cancelling a monthly membership, members must remain on pay-as-you-go for a minimum of three months **before** rejoining a monthly plan **or** may choose to rejoin immediately by prepaying three months in advance.

Membership Options

- **Two Classes per Week:** £57
- **Three Classes per Week:** £80
- **Unlimited:** £95

Changing Membership Level

Changing to a different membership tier also requires **30 days' notice**.

Membership Freeze Policy (Medical Reasons)

If you are unable to train due to medical issues, we offer a **freeze of up to two months**. During this period, your monthly payments will be paused. The standard **30-day cancellation notice** still applies during a freeze.

If you return partway through a month, classes will be charged at **pay-as-you-go rates** until your membership resumes on its normal cycle.