



Refund Policy

Group Exercise - Once you have purchased any of our group fitness services - Nutrition services, packaged Boot camps* or Group classes you will still be able to receive a Full Refund if you cancel your purchase before participating in any of the sessions. NO refund will be given once training has commenced.

Personal training – many of our trainers work on a Freelance basis and payment will be made to them directly. Refunds will be on a case by case basis and if you initially purchased a block of sessions and then do not continue the sessions you have attended will be charged at the full single session prices.

*Bootcamp places must be cancelled 7 days before commencement of the course. If it less than 7 days before the Bootcamp is due to start you will NOT be eligible for any refund unless we can fill your space. You may refer your place onto a later course if you notify us that you cannot attend due to illness or injury. A doctor's note will be required before referral is guaranteed.