

Terms and Conditions

Training Sessions

- An initial, 30 minute consultation is provided free of charge. This is to discuss your goals, and how we can help you achieve them, it is not a training session.
- Individual training sessions can be paid for in cash at the time of training.
- Blocks of 10 or 20 sessions must be paid for in advance.
- Sessions are non-transferrable, unless previously agreed upon with your trainer.
- Pre-paid sessions are valid for 12 months from date of purchase. Any unused sessions after this date will expire.

Cancellation Policy

Fit State Training has a 24 hour cancellation policy, any sessions cancelled with less than 24 hours notice will be charged a session fee.

Please keep in mind that changing the time or date of your session with less than 24 hours notice may also result in a session fee being charged.

Payment

We accept payment by cash, cheque or BACS transfer. We do not currently accept credit or debit card payment.

Refunds

Refunds on block booking packages will only be available in the following circumstances:

- Injury, or changes in health, resulting in an inability to exercise – A GP letter will be required.
- Moving out of the Brighton and Hove area