



Group Training Terms & Conditions

Payments

- Payments are non-refundable for unused months.
 - A minimum of **one month's notice** is required to cancel a membership. Cancellations made outside of this notice period will still be charged for the following month.
 - Where applicable, refunds may be subject to a small **transaction or administrative fee**.
 - All subscriptions will continue on a **rolling monthly basis** until cancelled by the subscriber. There is **no fixed-term contract**.
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Group Training Sessions

- A **minimum of three participants** is required for a group training session to run.
 - Bookings must be made by **9:00 p.m. the night before** the session. If fewer than three bookings are received by this time, the session may be cancelled.
 - If three or more participants are booked, **same-day bookings** are accepted.
 - *In some cases, sessions may run with a minimum of two participants*, depending on overall attendance across group training memberships.
 - Group training sessions run in line with the 1st of each calendar month.
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Bookings

- Bookings can be made via abisgym.as.me or directly through Abi.
- If a group training session is cancelled by the gym, participants may:
 - Use the gym during **“MyTime”** hours using one session pass, **or**
 - **Rebook the session** at a later date **without loss of payment or credit**.



Cancellations by Participants

- Cancellations made **within 24 hours of the session start time** will result in the **loss of the session** and cannot be rebooked or refunded.