Gym Class Packages London: Real HIIT & Small Group PT Prices at HIIT West Hampstead

If you're comparing **gym class packages London** right now, you've probably noticed how many gyms hide their prices behind a "book a tour" button. HIIT West Hampstead doesn't. Every membership and class pack is listed on one page, with the cost per session worked out for you. Whether you want **HIIT classes** or **small group personal training**, this guide covers what each option costs and who it suits.



How the pricing works

Everything at HIIT West Hampstead runs on a 28-day cycle, not a calendar month. Your sessions refresh every four weeks, so a month with five Mondays won't cost you a workout. It's a small detail, but it keeps your weekly routine steady.

There are two ways to pay. You can join a membership that renews every 28 days, or you can buy a class pack and use it at your own pace.

Class packs: the flexible option

Class packs suit people who can't promise a fixed number of sessions each week. Shift workers, parents, and anyone who travels a lot tend to like them. These are the packs listed on the site:

Class pack	Price	Expiry
10 group HIIT classes	£130	3 months
20 group HIIT classes	£230	6 months
10 small group PT sessions	£250	3 months
20 small group PT sessions	£490	6 months

The per-session cost is simple to work out. The 10-class HIIT pack is £13 a class, and the 20-class pack drops to £11.50. For small group PT, you pay £25 per session on the 10-pack and £24.50 on the 20-pack.

The bigger packs are the better value, but only if you'll finish them before they expire. Twenty classes in six months is under one a week, so that's easy for most people.

Memberships: cheaper per session if you're consistent

A membership has a lower cost per session. The catch is that your credits belong to that 28-day cycle, and the site says they're designed to be used within it.

HIIT class memberships (rolling, 14 days' notice to cancel):

Plan	Sessions per 28 days	Rolling price	Per session	12-month contract
Train 1x a week	4	£45	£11.25	£40
Train 2x a week	8	£85	£10.63	£75
Train 3x a week (most popular)	12	£119	£9.91	£109

Small group PT memberships (rolling, 14 days' notice to cancel):

Plan	Sessions per 28 days	Rolling price	Per session	12-month contract
Train 2x a week	8	£169	£21.12	£159
Train 3x a week (best results)	12	£249	£20.75	£229

If you want a lower price and know you'll stay, the 12-month contract takes £5 to £10 off HIIT plans and £10 to £20 off SGPT plans each cycle. If you'd rather not commit, the rolling option has no minimum term.

Pack or membership?

Compare the 10-class HIIT pack at £13 a class with the 3x a week membership at £9.91. If you'll train three times every week, the membership wins easily. If you train when life lets you, the pack makes more sense, and you won't pay for sessions you didn't use.

The site says the same thing in its own words. Memberships give you a recurring routine, and packs are more flexible but don't include the same structure.

HIIT classes or small group PT?

The two formats feel quite different.

HIIT group classes are fast, coach-led sessions built around endurance, fitness and confidence. They're a good fit if you like training with other people around you and want to work the whole body. Most people who join for fat loss or general fitness start here.

Small group personal training has smaller class sizes and a progressive strength programme. A coach watches your technique and keeps you accountable. It costs more per session, but it's far cheaper than one-to-one training, and you still get the energy of a group.

Plenty of members do both: HIIT for conditioning and SGPT for strength. The coaches can build a custom combo membership around your goals and schedule. You can email westhampstead@hiitgyms.com to ask about it.

Booking, cancelling and freezing

Booking happens through the HIIT West Hampstead app, available on iOS and Android. You can see your timetable, cancel sessions and check your remaining credits there.

A few rules are worth knowing before you sign up:

- You need to cancel at least 12 hours before a class for the credit to return to your account.
- Rolling memberships need 14 days' notice before your next billing date. If the gym gets less notice, the cancellation takes effect the following month.
- Freezes need 14 days' notice. Depending on your membership you get 1, 2 or 3 free freezes a year, and each freeze covers up to one month.

Trying it first

If you're unsure, the site lists a Kickstart offer for new members, which its search listing shows as starting from £39. Check the Kickstart page for the current terms before you book.

FAQs

Do class pack sessions expire?
Yes. The 10-class packs last 3 months, and the 20-class packs last 6 months, for both HIIT and small group PT.

Is a gym class pack in London cheaper than a membership?
Not per session. A HIIT pack works out at £11.50 to £13 a class, while memberships run from £9.91 to £11.25. A pack costs more per class, but you only pay for what you use.

Can I switch from a class pack to a membership later?
The site doesn't set out a switching process, so ask the team directly. If you're thinking about it, buy the 10-class pack first and see how often you really train.

What's the difference between the rolling and 12-month price?
The rolling plan has no minimum term. The 12-month contract gives you the same sessions for less each cycle, for example, £109 instead of £119 on the 3x a week HIIT plan.

Do unused sessions roll over?
No. Sessions are meant to be used within each 28-day cycle. If you'll be away, use a freeze instead.

Is small group PT worth the higher price?
It depends on your goal. If you want strength, technique coaching and a structured programme, the smaller group makes that possible. If you mainly want a fun workout that raises your fitness, HIIT classes do the job for less.

What if I need to cancel a class last minute?
Cancel more than 12 hours ahead and the credit goes back onto your account so you can rebook.

For more information, visit our

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