



FAQ'S

How do I join?

You can join us online by following the links on our membership page. We periodically run offers, such as no joining fee promotions, so it's worth checking your email and our website for any codes before you sign up. Alternatively, you can sign up with us in reception. If you are signing up for a joint, family or discounted membership for students or services, then you'll need to sign up in person.

Is there a contract?

Yes, we have a standard 3 month agreement. You pay your first month in house, then you will make 2 further payments by direct debit after which your membership will become a rolling monthly contract which can be cancelled with a months notice.

Can I have a Free Trial?

You can come and try out our classes but we charge a small fee of £7 (BJJ Introduction) or £5 (MMA/Muay Thai/Boxing/Wrestling) classes. If you are an experienced BJJ practitioner, you'll need to purchase a day pass to join one of our group classes, and if you decide to join we'll deduct your the class fee from your first payment. We do not charge for Kids trials.

What equipment do I need ?

You will need your own Boxing Gloves/MMA gloves and handwraps. We do have a limited number of gloves and these are reserved for trials so you are advised to bring your own as soon as possible. If you borrow GFA gloves you'll need to buy handwraps which you can purchase for £6 in reception. For Brazilian Jiu Jitsu, we have Gi's which are reserved for our BJJ Introduction Classes (they are washed between every session), but once you have joined you must purchase your own Gi which you can buy in reception.

We do have a Gi rental service which costs £7 per day.

Please note we're a white Gi only academy.



FAQ'S

Can I upgrade my Membership?

Yes. Most people find training highly addictive, so if you find you want to go from training 2 times a week to 3 or more times, just let us know and we can alter your membership. Likewise, if you need to downgrade due to other life commitments, you can do that too. We try to be as flexible as possible but you must give two weeks notice before letting us know you'd like to change.

Do you offer any discounts?

Yes. We offer a 10% discount for students on presentation of a valid student ID card, and also for NHS, services and military personnel. We offer a 15% discount on joint/family memberships, on the same direct debit. The discount is applied to the total value of the membership. To sign up for discounted membership you will need to visit us at reception.

Can I pay monthly in cash?

All our memberships are arranged monthly, by Direct Debit. The first month is paid in house and can be paid either by card or cash, but the following payments must be made via Direct Debit. You can purchase class bundles by debit card.

How do I cancel my membership?

You can give your one months notice to cancel in writing directly to our management company Ashbourne using the following email address

memberships@ashbournemanagement.com, or to our team using the email address **reception.gfa@gmail.com**.

For your peace of mind, and ours cancellations given verbally or via social media will not be accepted.



FAQ'S

How do I book classes?

Once you have become a member you will be given a membership card which will give you access to our App, YourApp Plus. You can login and book classes up to 2 weeks in advance depending on your membership level. If you can't make it, or your plans change, you can cancel up to one hour before the class. The App will also give you access to club news and special offers at local businesses.

Do Teenagers join Adult classes?

Our kids classes for older kids are generally for 8-14 year olds. For particularly mature, or experienced teens or if we do not have a kids class in the specific discipline (MMA, Boxing for example), young people may join the adult class with agreement of the coach, and a parent or guardian must attend the Academy to sign an additional waiver and consent form. Any under 18's on adult memberships will need to attend a Strength and Conditioning induction before being able to use the weights room.

Do you accept drop ins?

Yes we always welcome visitors from any team. You can buy a day pass for £20 at reception. Visitors are also welcome for Open Mat sessions and the fee is £10 payable at reception.

Is there parking near by? Yes, there are plenty of good options for parking in Ealing. There are often free spaces available on Gordon Road (first left after the Academy), and we are located next door but one to Spring bridge Road Car Park which is free after 6pm and between £1 - £3 most other times.