

# 6 STEPS FOR BOOKING A GYM SLOT

- 01** Must have a valid email on our systems
- 02** Prior to booking ensure you have done our covid induction video + Par-Q off our website
- 03** Log on to online bookings service
- 04** Select 'book a class' option
- 05** Select book 'Gym booking Slot'

**06** Book your 80-minute slot