

**Note:**

**There is no charge for members ( as long as the class falls within your membership hours). If you are for example an off peak member you may use the classes after your hours at a normal guest fee charge which will also allow the use of other facilities. Guests of members will be able to use the class at the guest fee rate of £8.95. Unfortunately guest cannot pre book classes.**

**Bookings can only be made up to an hour before the class starts time online. After this time, you will need to see the instructor for possible availability.**

**There will be a waiting list for classes once they are fully booked, if a place becomes available the system will automatically transfer you to the class and notify you by email.**

**Terms:-**

As a courtesy to other club members please cancel your class ASAP if you are unable to attend. Classes can only be cancelled upto 2hrs before class time. After this time you will not be able to cancel your class and we are UNABLE to cancel classes for you. You are allowed 3 non-attendances in a 12-week period, which commences from your first non-attendance strike. If you have 3 strikes in a 12week period you will have the ability taken away to pre book classes online for 2 weeks. Continued offenders will also run the risk of longer restrictions.

We regret that entrance will not be allowed after 5 minutes of the scheduled start time. This is to ensure an adequate warm up period to prevent injuries and avoid disruption to the class.

Report any injuries to your instructor before the class begins.

Please inform your instructor if you intend to leave a class before the end

Plastic containers only are allowed in the studios

The club reserves the right to substitute instructors and amend the class when required.

**I agree to all the above terms and conditions**

