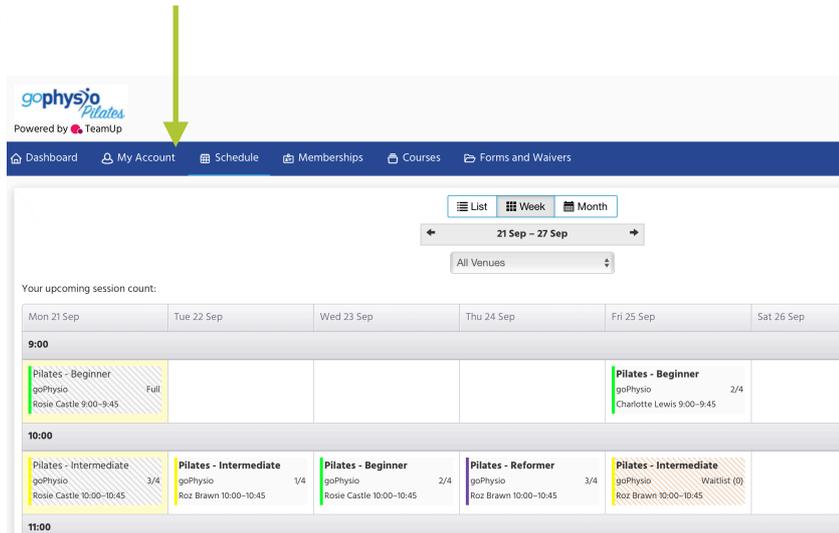


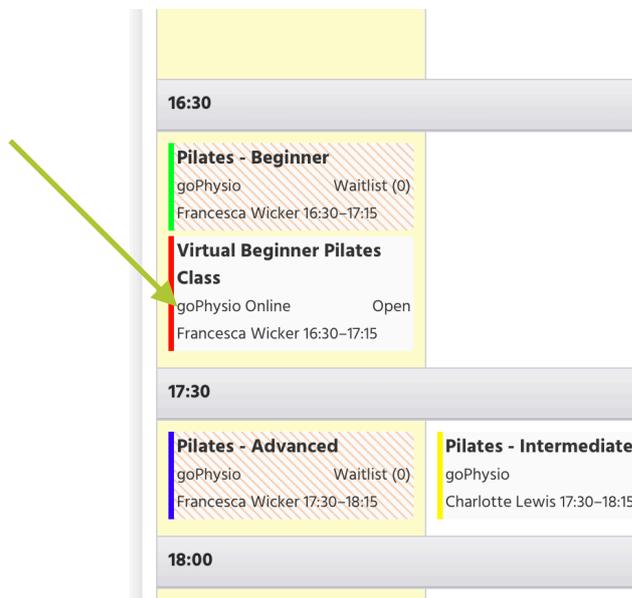
goPhysio Live Stream Classes Online Booking System

Booking A Class

1. Once you have purchased your individual class or class pack, or if you are a face to face Pilates member, you can book your online class(es).
2. Visit the schedule and view in list, weekly or monthly. You will see the class times, level and instructor.



3. Click on your selected class, where full details of the class will come up.



4. Click on 'Register for Single Class'
5. You will now be registered to attend the class.
6. This will appear in your upcoming registrations on your dashboard.
7. If you need to subsequently cancel this class, visit your dashboard, at least 6 hours before the class is due to start, and click on 'Leave'. This will un-register you from the class and your class credit will appear on your account so you can re-book another class.
8. Once booked, you will receive an email which will include a link to the online class.

Waitlist

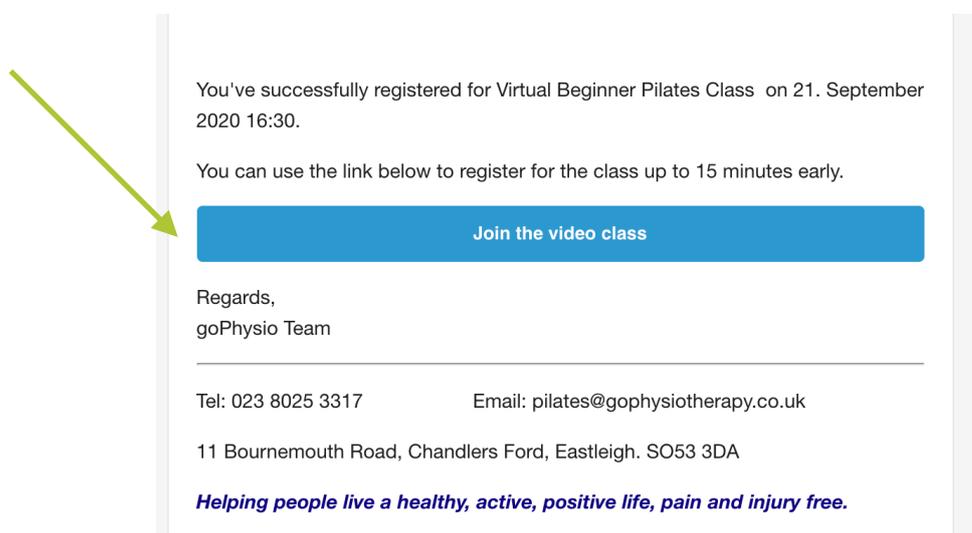
If a class is already fully booked, you have the option to join a waiting list for that class. You will then receive notification that a space has become available in the class and be prompted to confirm whether you'd still like the space.

Cancelling A Class

1. If you are no longer able to join your booked class, please cancel your space as spaces are limited, so this will enable someone else to join.
2. Log into your account. Under Dashboard, you will see all your upcoming registrations.
3. Click on 'Leave' next to the class you want to cancel and confirm.

Joining An Online Class

1. It is easier if you have already downloaded Zoom onto your device and use a device with a camera, have plenty of space around you and have a Pilates block or towel handy.
2. You will already have received an email link to the class when you sign up. An hour before the class, you will receive another email with a link to the class.



3. We recommend joining the class 5 minutes before the start time. To join a class, click on the link in the email . Alternatively you can click on the link straight from the diary in the Team Up account.
4. The Instructor will start the online class as soon as they are ready. You can have your camera on or off and your microphone will be automatically muted.
5. Enjoy the class!