

## **booking your session on MyWellness app**

- Download MyWellness app.
- Create a MyWellness account (if you don't already have one)
- Log in with your individual MyWellness username and password
- Click 'CLASS TIMETABLE' on home screen
- Select day and time of the class you would like to attend
- Select 'BOOK & REMIND ME' at the bottom of screen
- Select 'OK, CONTINUE'
- You will be automatically sent a 'CLASS BOOKED' confirmation email
- All sessions will be displayed and available for booking 7 days and 12 hours in advance
- Important: all payments must be received by the end of week 1 or you will not be able to book online until payment is received
- Bookings are essential

## **cancelling your session**

- If you wish to cancel the booking. Go back into the class timetable, select the class click on your name and select 'DELETE BOOKING' then click yes. You will be automatically sent a 'class cancelled' confirmation email.
- This must be done a minimum of 2 hours prior to the session start time.