



# TERMS & CONDITIONS

## PT & SGPT TS & CS

- YOU HAVE 16 WEEKS TO USE YOUR BLOCK OF SESSIONS, YOU FORFIT ANY SESSIONS NOT USED IN THAT TIME
- 24 HOURS NOTICE REQUIRED TO CANCEL A PT SESSION ON MYZONE OR YOU FORFIT THE SESSION
- ARRIVE TO YOUR SESSION WITH A FULL WATER BOTTLE, CLEAN TRAINERS AND A TOWEL
- LET ME KNOW OF ANY INJURIES & NIGGLES IN ADVANCE OF YOUR SESSION SO I CAN MAKE ANY ADAPTATIONS IN ADVANCE OR REARRANGE YOUR SESSION

## GROUP EXERCISE TS & CS

- SESSIONS ARE PAID WITH CREDITS ON MYZONE - £1 = 1 CREDIT
- 1 HOUR NOTICE REQUIRED TO CANCEL A GROUP CLASS ON MYZONE OR YOU FORFIT THE SESSION/CREDITS
- ARRIVE TO YOUR SESSION WITH A FULL WATER BOTTLE, CLEAN TRAINERS AND A TOWEL
- LET ME KNOW OF ANY INJURIES & NIGGLES IN ADVANCE OF YOUR SESSION SO I CAN MAKE ANY ADAPTATIONS IN ADVANCE