

Booking and Payment terms for Group Matwork Classes

- A place in a group class must be pre-booked and paid for (in full) in advance of the start date to reserve a place in the class.
- If there are no spaces in the class you wish to join your name can be placed on a waiting list and you will be contacted should a space become available.
- Group classes are booked and charged as a course. It is not possible to book individual group classes. Any dates of the course that you are unable to attend are still payable and fees are retained for any dates missed. It may be possible (subject to availability) for you to 'catch up' on missed sessions within the same course – see 'missed classes' below.

Missed Classes and Cancellations

- Missed classes cannot be refunded, however if space is available in another class you can 'catch-up'. For the 'catch-up' system to work effectively, I ask as a courtesy that you advise me as soon as possible of any dates that you are unable to make so that your space may be offered as a 'catch-up' to somebody. 'Catch-ups' cannot be guaranteed as they are subject to spaces being available.
- Any 'catch-ups' must be within the same course and cannot be saved or transferred to another Course. Please give 48 hours- notice prior to the Course start date for cancellations. Fees will be retained for late cancellation (less than 48 hours-notice).

1:1 Lessons

- To be paid for in advance.
- Please give at least 24 hours-notice for cancellation. In the case of a late cancellation, 50% of the fee will be retained.

General Information

- I kindly request that you arrive 5 minutes prior to the class start time and that mobile phones are switched off or set to silent mode.
- It is not recommended to exercise: after eating a heavy meal, if you are feeling unwell or very fatigued, if you are taking painkillers, after consuming alcohol.
- Please wear something comfortable that allows you freedom of movement such as jogging bottoms or leggings and a t-shirt. During colder months it is advisable to wear or bring a sweater so that you are able to adjust your layers as necessary. It is preferable that overly baggy clothing is avoided in order that posture and alignment can be checked. Trainers are not a necessity as exercises are performed with socks or bare feet. For safety please keep jewellery to a minimum.
- Please inform me at the start of class if, in between classes, you have sustained any injuries, felt or feel any pain.