



## Cancellation Policy

**Effective Date:** 17/01/2025

### **1. Bookings and Cancellations:**

Classes must be booked in advance to secure your spot. - Cancellations or rescheduling must be made at least 48 hours before the class to avoid losing your session.

### **2. Arrival Time:**

Please arrive at least 5 - 10 minutes early to set up and settle in. Late arrivals may not be admitted to ensure minimal disruption.

### **3. What to Bring:**

Please bring your own Pilates mat. All other equipment, such as resistance bands and Pilates balls will be provided.

### **4. Health & Safety:**

Notify the instructor of any injuries, medical conditions or pregnancy before the class begins. - Participate at your own pace and listen to your body - modifications are always available.

### **5. Refunds & Transfers:**

Class fees are non-refundable, but credits may be issued for cancellations made within the policy timeframe. 6. Respect for Others: - Maintain a quiet and focused environment during any class. Please silence your phones and respect your fellow participants.

By attending the class, you agree to these policies to ensure a safe and enjoyable experience for everyone.