



## **IMPORTANT**

*Sessions must be completed as follows.*

*min 1 session per week within 4 or 12 weeks from start date.*

*No sessions will be carried over or refunds offered.*

***Please only book Sessions if you can complete them within this time frame to ensure you do not lose any.***

*Payments must be made in advance of any new session plan commencing*

## **Cancellations/Rearrangements**

*In the event that you need to cancel or rearrange your session I require a 24 hour notice of change or cancellation. If this does not happen then this session will be deemed as taken and that session will be taken off any remaining sessions you may have left.*

*Training sessions will be a maximum of 50 minutes in length. If you arrive late for your session then the session will be reduced in time. Exceptions may be made if I have been advised in advance that you are running late and will be dependent on me not having another client booked after your session.*