

TERMS and CONDITIONS

Late Policy

Please arrive on time or 5 mins before your session. Your session starts at the scheduled time, with or without you, so please be prompt.

Cancellation Policy

Please give minimum of 24 hrs notice via text or via the online booking site if you need to cancel or you will be charged full session rate.

Likewise, if I ever have to cancel a session and do not give you 24 hours notice I will give you a free session for the inconvenience.

Class Package Expiration/Refund Policy

Clients must complete all personal training packages of 10 sessions by four months from date of purchase. All class packages are non-refundable and non-transferable.

Client Enrolment Forms

All completed forms, including the medical clearance form, if you answered yes to any of the PAR-Q form questions, must be submitted and signed, before you attend your first session.