

HISCOES GUIDE TO GROUP EXERCISE BOOKINGS

We open class bookings 10 days in advance. Cancellation link is provided in your confirmation email. If you cannot locate the email please contact the gym to cancel.

If you do not receive a confirmation email – you may not have entered your email address correctly. Please contact the gym to confirm your reservation as this ensures you don't double book.

- Cancel before 8pm the day before to avoid a strike.
- Cancellations after 8pm the previous day will incur a strike.
- Cancellations within 1 hour or no shows incur 2 strikes.
- If 6 strikes occur in one month we will request you do not make any class bookings for 7 days.

You may still attend a class without a booking if there is a spot available.

To keep things fair, we request that you don't book back-to-back cycle classes as these classes are very popular

If classes are continually fully booked we will endeavour to add classes where possible. Thanks for your understanding!

HISCOES
HEALTH · FITNESS · SPORT