

## **How to Book in to Sessions at The Wild Movement**

To get started please download [Mindbody App](#) on your phone. From here go to the 'search' function and type in 'the wild movement'.

From here go to *View Schedule* and then book in for the sessions that you would like to attend. If the sessions say 'book' it means there is currently a spot available. If it says 'waitlist' it means the class is currently full but you can go on a waitlist. If someone pulls out you will get an email to say you have been moved into the session. I advise you to have a back up class to train in if you do go on a waitlist. If you move off the waitlist please cancel the back up session. If the class says 'full' or 'call' it means the waitlist is full.

We advise you book as far ahead as you can to secure the spots that you would like. You can cancel up to 6 hours before the session starts without penalty and then find another suitable session.

If you cancel within the 6 hour window you are deemed as 'late cancelling' and forfeit that one session of your package for the week. This keeps you accountable to turning up.