



CANCELLATION POLICY

All Sessions must be scheduled and agreed in advance, including any Sessions which are rescheduled due to unavailability of either you or us. In the event you are unable to attend or wish to reschedule your **Personal Training** or **Nutrition** consult, you are required to give a minimum **24-hour notice** so that the session can be offered to another client. In the event you are unable to attend or wish to reschedule your **Group Training** session or **Yoga Class**, you are required to give at minimum **6-hour notice**, so the trainer can plan accordingly.

Any Sessions that do not meet the minimum Cancellation Notice Period may be forfeited, are non-refundable and may not be rescheduled unless discussed prior. In the event we are required to cancel any session or appointment, including but not limited to any Group Sessions, we will either reschedule at a time convenient to you, the session will be transferred to another date or your fee will be refunded.

We may, in our sole discretion, cancel any Group Sessions/Yoga Class if there are not enough participants or for other reasons which may be out of our control. In this case, we will provide a full refund to you. We may provide another suitably qualified representative to perform the Services when we are unable to do so personally. In this case, we are not required to provide any refund to you.