

How to Book into your Preferred Live Online Video Free Trial Class

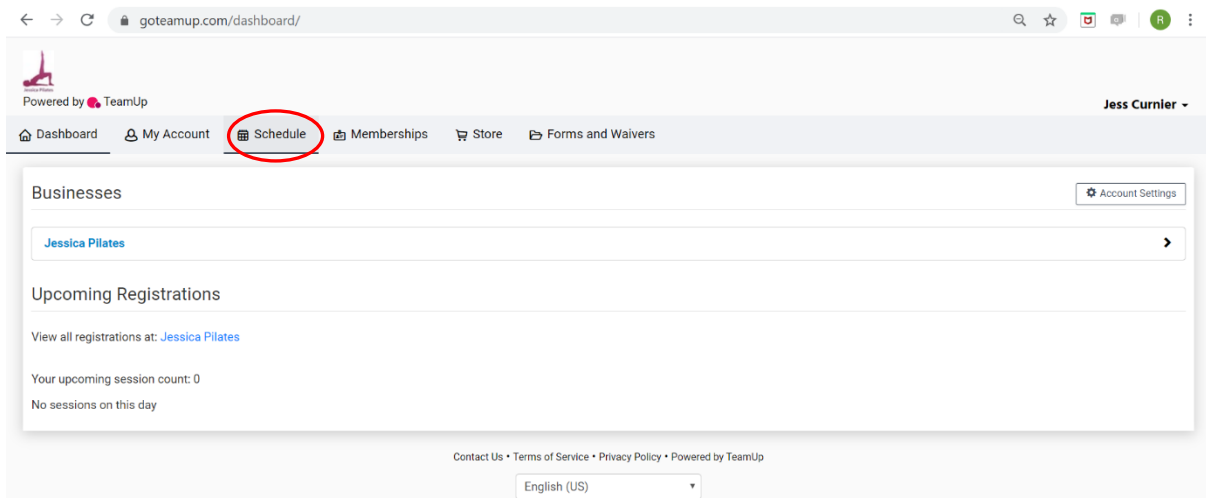
NB: You should have received an email from Jessica Pilates containing the timetable for the Live Online Video Free Trial classes. If you haven't received this or have accidentally misplaced it, please see the timetable below:

Day/Date	Time	Instructor
Monday 30 th March	10am – 11am	Nikki Hey
Monday 30 th March	6.30pm – 7.30pm	Lydia Farrant
Tuesday 31 st March	7pm – 8pm	Sonia Fergusson
Wednesday 1 st April	10am – 11am	Sophie Walker-Cox
Wednesday 1 st April	7pm – 8pm	Liesel Gaumann
Thursday 2 nd April	10am – 11am	Coleena Reid
Thursday 2 nd April	6pm – 7pm	Jen Holtzhausen
Friday 3 rd April	9.15am – 10.15am	Nikki Hey
Friday 3 rd April	10.30am – 11.30am	Steph Strath

To book into your preferred class during this free trial week, please follow the instructions below.

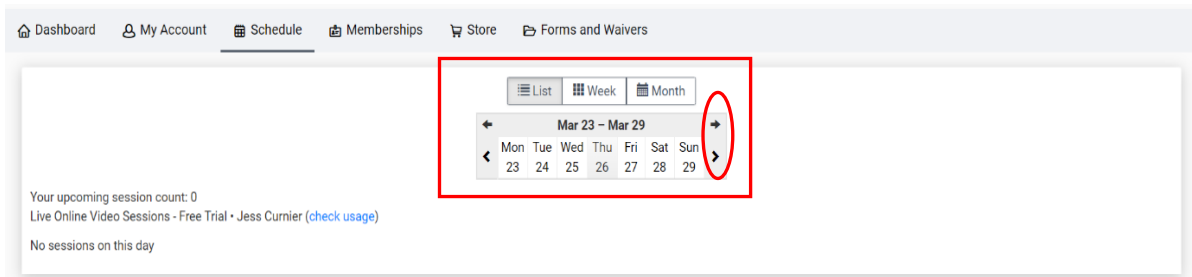
NB: You must have already signed up for our 'Live Online Video Sessions – Free Trial' membership package on TeamUp in order to book into your preferred class during our free trial week. If you haven't already done this or don't know how to do this, please refer back to our document called 'How to Login to Team Up and Sign Up for our LOVS FTW'.

1. Login to your TeamUp account by heading to www.goteamup.com and logging in using your email address and password. Logging into your account will redirect you to your 'Dashboard'.
2. From the Dashboard, click on the 'Schedule' tab.

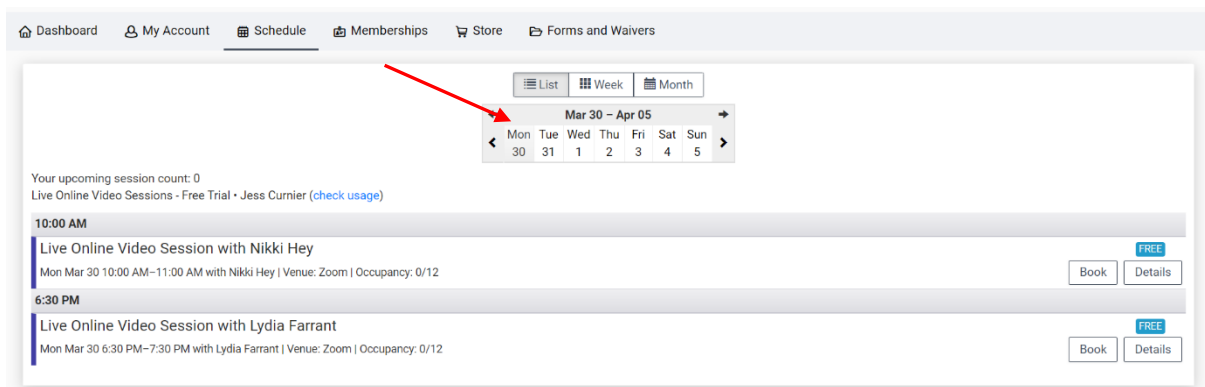


The screenshot shows a web browser window with the URL goteamup.com/dashboard/. The page is titled "Powered by TeamUp" and shows a navigation menu with "Dashboard", "My Account", "Schedule", "Memberships", "Store", and "Forms and Waivers". The "Schedule" tab is circled in red. Below the navigation menu, there is a section for "Businesses" with a dropdown menu showing "Jessica Pilates". Underneath, there is a section for "Upcoming Registrations" with a link to "View all registrations at: Jessica Pilates". At the bottom of the page, there is a footer with "Contact Us • Terms of Service • Privacy Policy • Powered by TeamUp" and a language dropdown menu set to "English (US)".

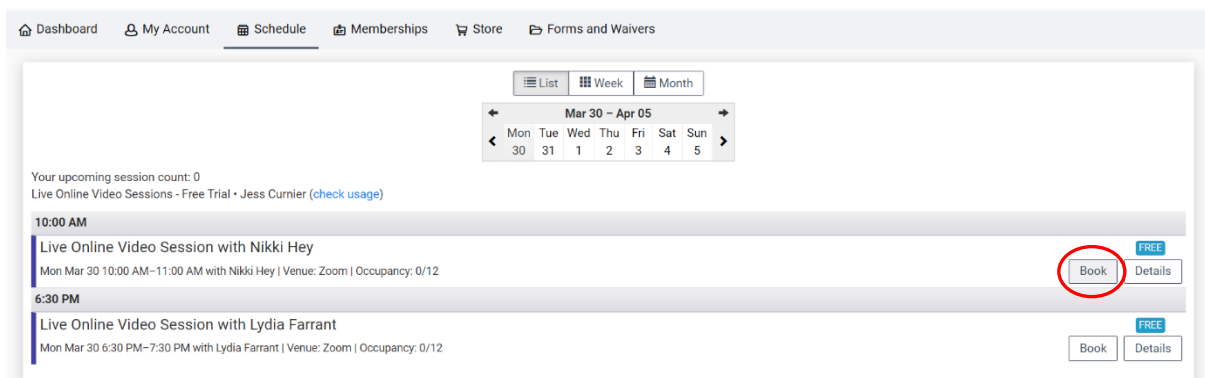
- You'll be redirected to the following page. Scroll through the dates on the displayed calendar, by clicking on one of the two arrows highlighted below, until you find the week of the 30th March to 3rd April.



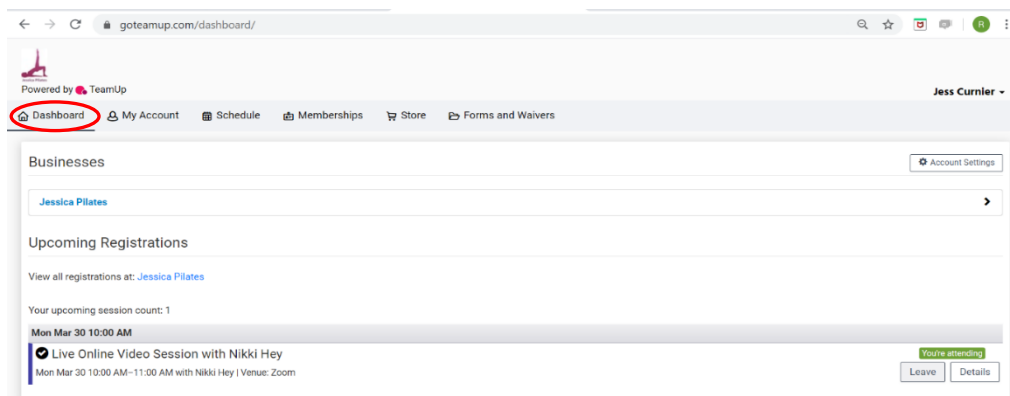
- Click on the date that you'd like to attend your Live Online Video Free Trial class. Clicking on any of the dates on the calendar during the free trial week will bring up a list of all the classes running on that day underneath the calendar.



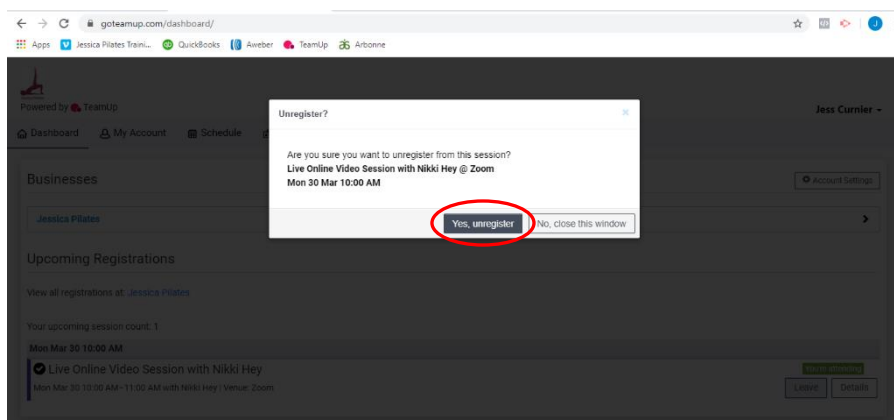
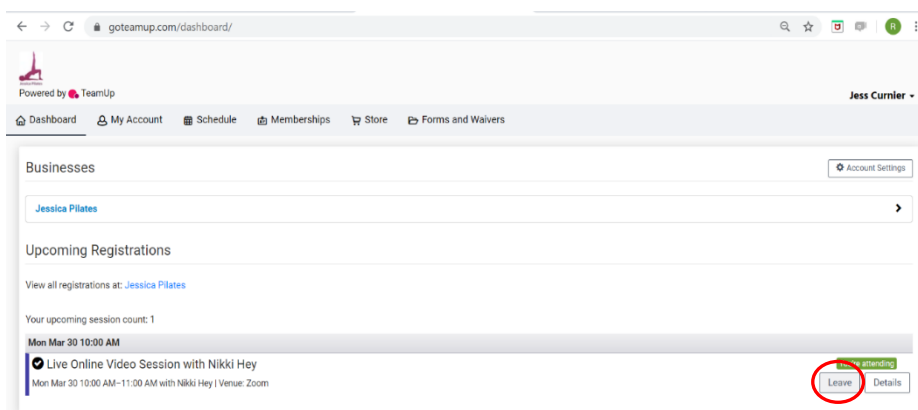
- Underneath the calendar, locate the specific class you'd like to attend on the day/date you've selected and click on the 'Book' button to the right-hand side of it. In this example, we're opting for Nikki Hey's class at 10am on Monday 30th March.



6. If you return to your 'Dashboard', you'll see your upcoming registration, as per the below.



7. To change/cancel your booking, click on the 'Leave' button to the right of your registration on the 'Dashboard' tab, followed by 'Yes, Unregister'. This will unbook you from the class and remove this upcoming registration from your 'Dashboard'.



To book into another class/a different class, make sure you've already 'left' the class you'd previously booked into and repeat the above process.

IMPORTANT: If you're unable to attend a class you're booked in to, please unregister from the class AT LEAST 6 hours before the start of that class to release your space to those on the waiting list.