

Reformer Class Make up Session Policy

Make up sessions are classes that can be taken if you miss a class within a course of Reformer classes (subject to availability).

The following parameters apply for these sessions:

- Make up sessions are limited to two per person for each course registered.
- Make up sessions must be used within the same course as the missed class and can't be carried over (unless sick during the last week of the course).
- Make up sessions are only available in classes that have availability.
- Make up sessions are only permissible when classes are cancelled in advance, preferably with 24 hours' notice.
- If you do not show up for your make up session without prior notice then the session cannot be used again.

We will always do all we can to accommodate a missed class, however we cannot guarantee suitable make up sessions, as they are subject to availability.

We post session availability in the Whatsapp group 1-2 times per week, there are also mat classes along with online (zoom) classes available.

Reformer Whatsapp Group

This group is to keep you informed of make up session availability- it is an information/read only group so you will only receive messages from us. To respond or arrange a make up session please email us hello@allactivepilatesandphysio.co.uk.

If you are not in the what's app group and would like to join please use this link https://chat.whatsapp.com/KKj8Gis5ebK6hqVJXEL3fO

We thank you for your continued support.

For any queries or questions please contact us hello@allactivepilatesandphysio.co.uk