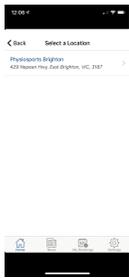# HOW TO BOOK AN ONLINE EXERCISE CLASS USING THE APP.

1
Click on 'Book Appointment'
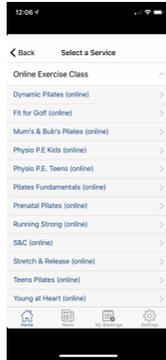
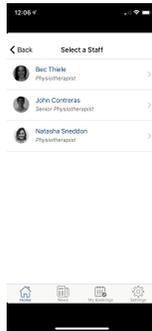## 2
Click on 'Physiosports Brighton'.
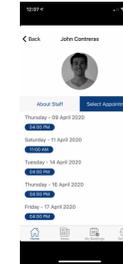
3
Click on' Online Exercise Class'.

4
Click on the class you would like to attend.

5
Choose the instructor who runs the class. We suggest you look at the timetable first to know who is running the class you want to attend.

6
Click on the date and time of the class you want to book.

7
Check the details of the class. If it is correct click "Book Now" and wait for the confirmation screen. All confirmed future bookings can be found by clicking "My Bookings" at the bottom of your screen.

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