

MOVE . BREATHE . NOURISH

CLASS BOOKING GUIDE



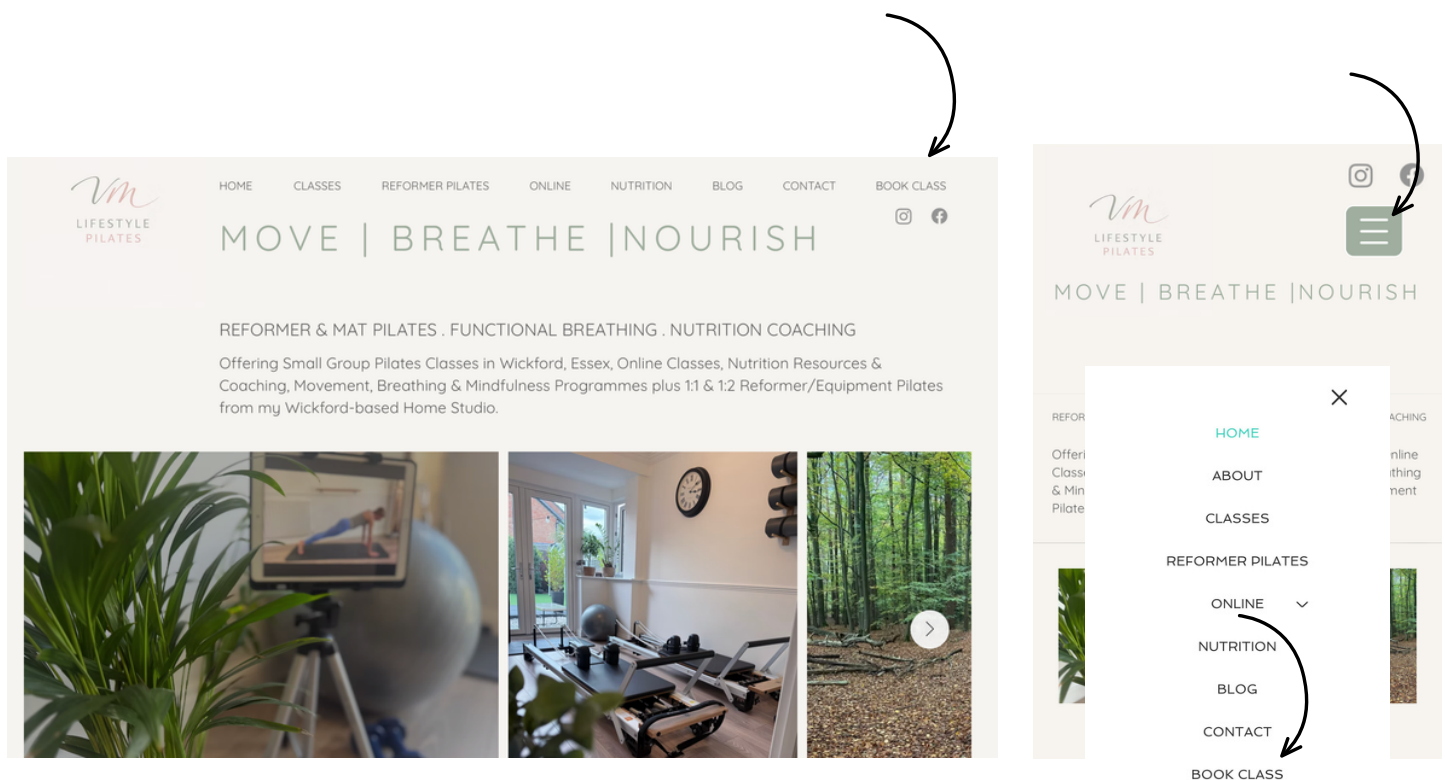
BOOKING A CLASS

www.vmlifestylepilates.co.uk

To start a booking visit my website...

www.vmlifestylepilates.co.uk

- Click 'BOOK CLASS' from the menu
- If you are on a computer/tablet you will find it along the top menu
- If you are using a mobile click on the green box with 3 lines in the top right corner to view the drop down menu, and select 'book class' at the bottom



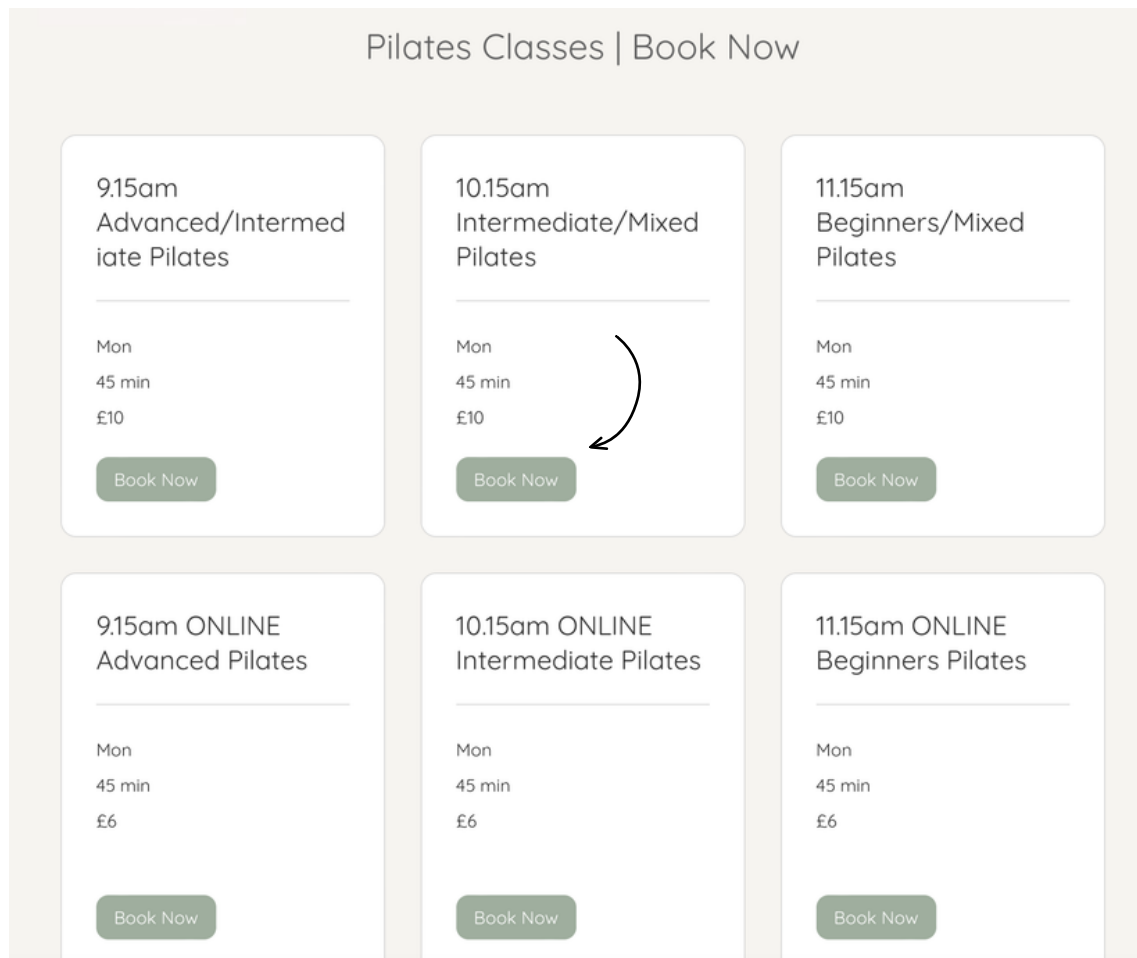
BOOKING A CLASS

www.vmlifestylepilates.co.uk

- It will bring you to a page with a list of all the classes
- Click 'book now' on the class you wish to book

Pilates Classes | Book Now

9.15am Advanced/Intermediate Pilates Mon 45 min £10 Book Now	10.15am Intermediate/Mixed Pilates Mon 45 min £10 Book Now	11.15am Beginners/Mixed Pilates Mon 45 min £10 Book Now
9.15am ONLINE Advanced Pilates Mon 45 min £6 Book Now	10.15am ONLINE Intermediate Pilates Mon 45 min £6 Book Now	11.15am ONLINE Beginners Pilates Mon 45 min £6 Book Now



SELECTING A DATE

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- It will bring you to a list of dates available to book
- Select the date you wish to book and click 'Next'
- Depending on if you are booking on a computer, tablet or mobile the calendar view will be slightly different. Click the arrows next to the month to move along to different dates.

< Back

Book Pilates Classes

Select a Date and Time British Summer Time (BST)

< September 2026 > Availability for Monday 7 September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

10:15

Next

Book Pilates Classes

Select a Date and Time

British Summer Time (BST)

< September 2026 >

Mon Tue Wed Thu Fri Sat Sun

7 8 9 10 11 12 13

Availability for Monday 7 September

10:15

Next

COMPLETING BOOKING FORM

www.vmlifestylepilates.co.uk

- You will then need to complete the booking form with your name, email, phone number and terms and conditions agreement box.
- Once details are completed you can select 'book now' if you are booking a single class and it will take you straight through to the payment page.
- If you want to book multiple classes at a time click 'Add to Cart' and it will take you back to the original booking page so you can add another class. Continue to add as many classes to the cart as you want. Once you've finished click 'View Cart'

Booking Form

☐ Book for someone else

Client Details

Have an account? [Log in](#)

Full Name *

Vicky Test8

Email *

vlmorgan83@gmail.com

Phone Number *

 +447969281973

☒ By completing this booking I confirm I will complete a health form prior to my first class (will be sent on confirmation email) I also agree to the [terms and conditions](#) and [privacy policy](#) published on the website.*

Booking Details

10.15am Intermediate/Mixed Pilates
7 September 2026 at 10:15

More details 

Payment Details

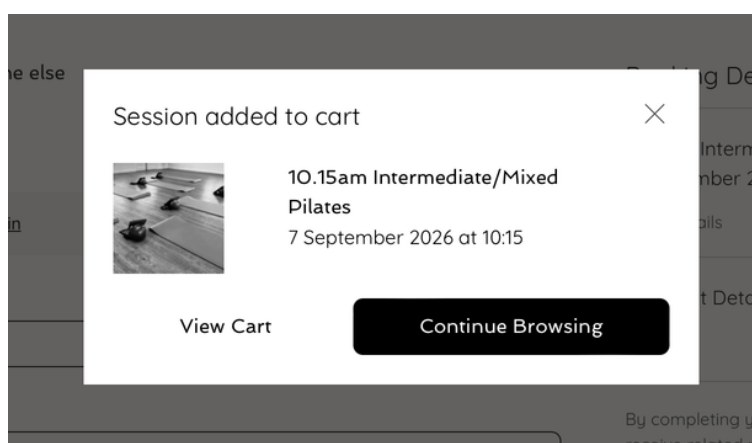
Total £10

By completing your booking, you agree to receive related phone notifications.

[View Rescheduling Policy](#)

Add to Cart

Book Now



PAYMENT PAGE

www.vmlifestylepilates.co.uk

- You will now be taken to the payment page. This may look different depending on whether you added to your cart or went straight to book now on a single class.
- Complete the relevant payment information either using debit/credit card details or apple/google pay to complete the payment.

My cart

	10:15am Intermediate/Mixed Pilates Sep 7, 2026, 10:15 AM 45 min Show More ▾	£10.00	
	10:15am Intermediate/Mixed Pilates Oct 12, 2026, 10:15 AM 45 min Show More ▾	£10.00	

Order summary

Subtotal £20.00

[Checkout](#)

[Apple Pay](#)

[G Pay](#)

 Secure Checkout

Express checkout

[Apple Pay](#)

[G Pay](#)

or

Logged in as vlmorgan83@gmail.com

[Log out](#)

Customer details

[Change](#)

Vicky test5
vlmorgan83@gmail.com
+447969281973

Payment

☒  Apple Pay

☐  Credit/Debit Cards

 Once you review and place this order, you'll be able to complete your payment with Apple Pay.

Order summary (1 item)

	11:15am Beginners/Mixed Pilates Sep 7, 2026, 11:15 AM 45 min Show More ▾	£10.00
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 Enter a promo code

Subtotal	£10.00
Total	£10.00

BOOKING CONFIRMATION

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- Once your payment is completed you will get a thank you screen appear.

Thank you, Customer Name

You'll receive a confirmation email soon.

Order number:10000

Service Name		
£0.00		
Date and time		
Duration		
Staff member		
Location		
Add to My Google Calendar		
Note	Subtotal	£0.00
Your customer's note will show here.	Delivery	Free
Total:		£10.00

LIFESTYLE
PILATES

Thanks for booking

Hi Vicky,
Your booking for "9.15am ONLINE Advanced Pilates" is all set. If you have any questions, feel free to reach out.

9.15am ONLINE Advanced Pilates

Date:
14 September 2026 at 09:15 BST

Location:
Wickford, UK

Price:
£6.00

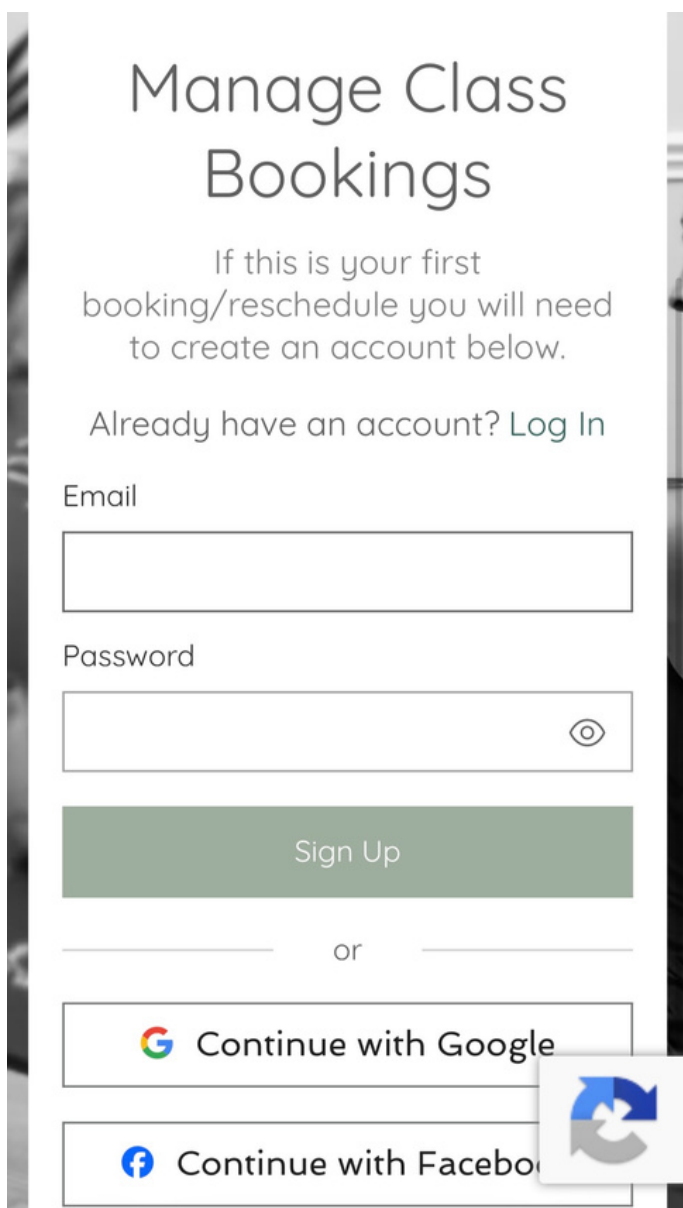
[Reschedule Class](#)

- Check your email inbox for your confirmation.
- This email also provides you with a link to reschedule the class if you make a booking but can no longer make it.
- This email also includes all zoom links to the classes if you have booked an online class.
- If it is your first class this email also has class/venue details and a link to the health form which only needs to be completed once before your first class. (Not relevant to existing clients)

RESCHEDULING A CLASS

www.vmlifestylepilates.co.uk

- Click on the green button 'Reschedule Class' from your confirmation email
- One of 2 different screens will appear depending on browser, booking device and other factors
- It may take you straight back to the calendar to select another date. Simply select a different date and click reschedule. A confirmation email with your new details should drop into your inbox.



- In some circumstances it may ask you to sign up/login to an account to manage your booking.
- If it's your first time simply sign up by adding your email and creating a password.
- If you have already done this previously click 'Log In' and enter your email and password.
- Once you are in you can reschedule by clicking on the green 'manage' button and select reschedule.
- You can reschedule up to 3 hours before your class starts.

Manage your Class Bookings

Review your bookings and make any needed changes.

Upcoming Past

Time zone: British Summer Time (GMT+1)

9:15am ONLINE Advanced Pilates
September 7, 2026, 9:15 AM • Wickford, UK Manage ▼

9:15am ONLINE Advanced Pilates
September 14, 2026, 9:15 AM • Wickford, UK Manage ▼

NEED HELP?

No problem...If you are having issues or have any questions feel free to contact me

support@vmlifestylepilates.co.uk

07969 281973

Don't forgot Movement & Exercise are just one piece of the lifestyle puzzle. Nutrition is another huge part of looking after our health and wellbeing and I can help you with that too.

So if you are ready to learn how to feel better, have more energy, balance chaotic daily life with your wellbeing and take on a long term lifestyle approach, then check out the links below or contact me anytime if you have questions.

www.vmlifestylepilates.co.uk

www.vmlifestylepilates.co.uk/nutrition

www.vmlifestylepilates.co.uk/lifestyle-blog

07969 281973 | support@vmlifestylepilates.co.uk