



EDEN HALL

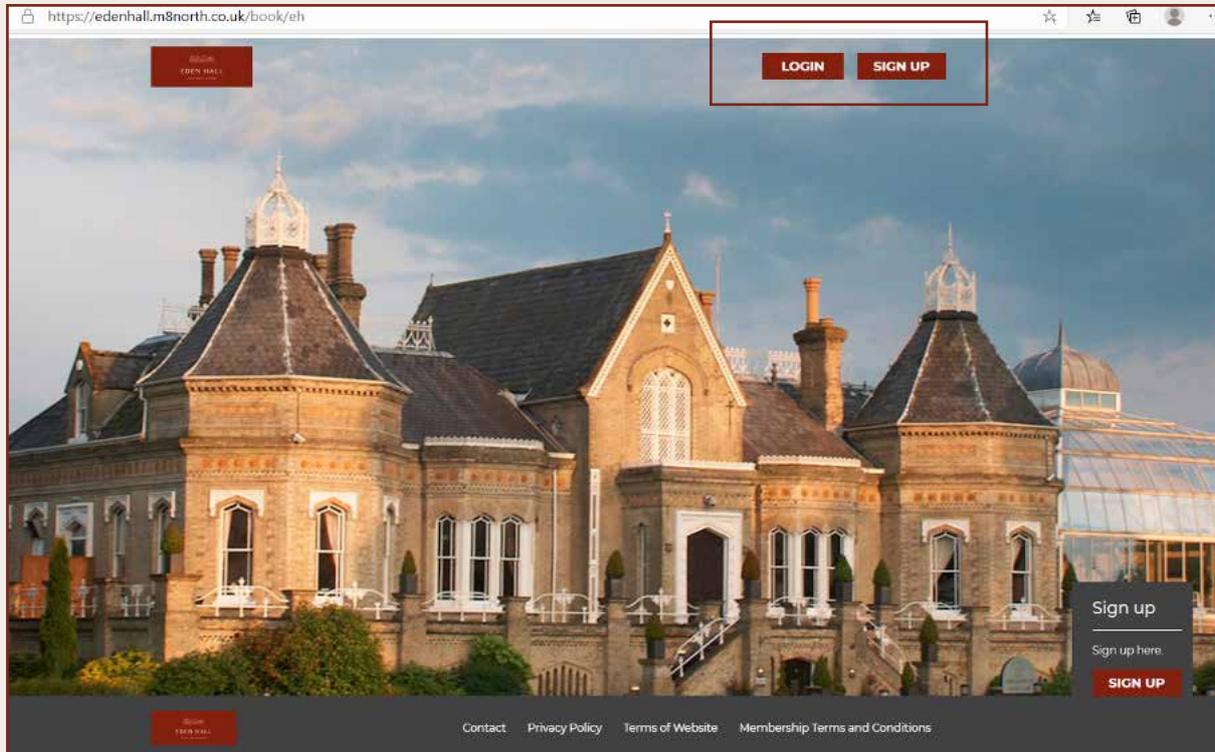
NOTTINGHAMSHIRE

Booking Procedure

Please follow the steps below, to learn how to book and cancel your gym workouts, classes and swim sessions.

1. CREATE AN ACCOUNT

- Visit your homepage <https://edenhall.m8north.co.uk/book/eh>.
- Select *Sign Up*.
- To book future workouts, classes and swim sessions, select *Login* and then follow step 3 onwards.

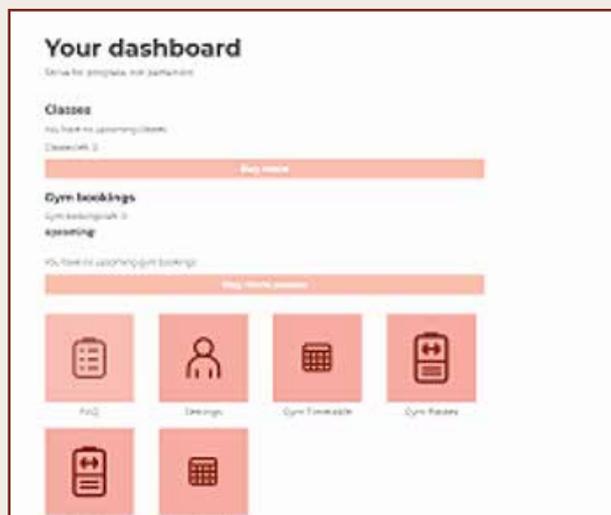


PLEASE NOTE:

You need to complete the Personal Details section and agree to the Health Commitment Statement & Terms and Conditions to create your account and access your dashboard.

2. DASHBOARD

- You will use the following icons to book:
- *Gym Timetable – Gym Workouts*
- *Class Timetable – Classes and Swim Sessions*
- These sessions are included within your membership, therefore you do not need to purchase gym or class passes.



3. BOOKING YOUR GYM WORKOUT

- Select the Gym Timetable icon on the dashboard or on the top menu.
- You can see how many spaces are available for the gym workouts in the Attendees column (In this case, 0/10 means there are 10 spaces available).
- Select *Sign Up* for the gym session which you wish to book.
- You must select *Book* to confirm your booking.
- You can book your gym workout 7 days in advance.

SATURDAY - 01/08			→
Time	Duration	Attendees	
7:00am	60 minutes	0/10	Sign up
8:00am	60 minutes	0/10	Sign up
9:00am	60 minutes	0/10	Sign up

10:00am			Sign up
11:00am			Sign up
12:00pm			Sign up
1:00pm			Sign up
2:00pm			Sign up
3:00pm	60 minutes	0/10	Sign up

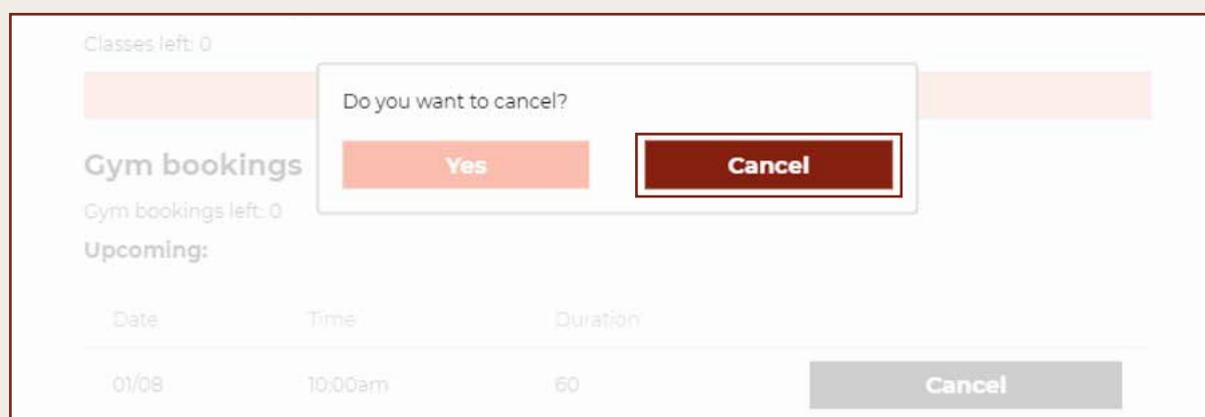
Do you want to book gym visit?

[Book](#)

[Cancel](#)

4. CANCELLING YOUR GYM BOOKING

- Your dashboard displays all of your bookings.
- Select *Cancel* to cancel any of your gym bookings, ensuring you select *Yes* to confirm you wish to cancel your booking.



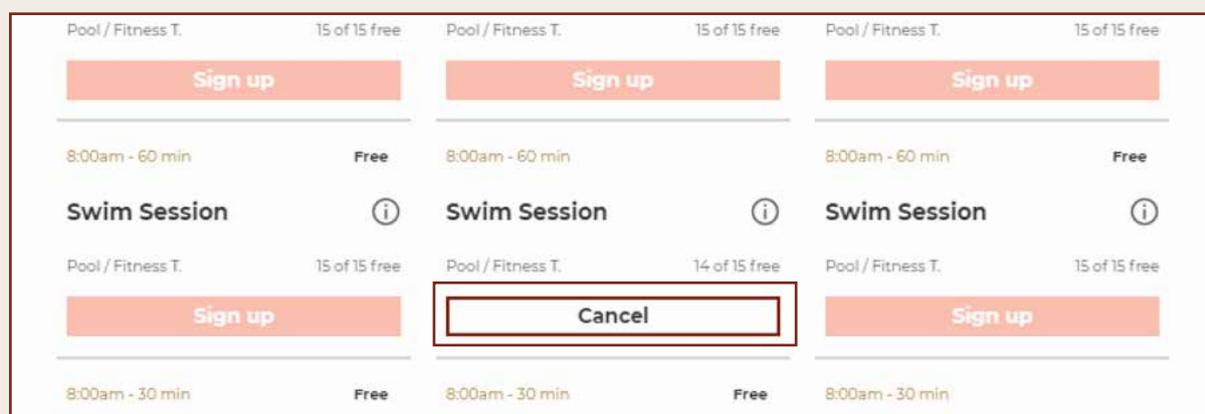
5. BOOKING YOUR CLASSES

- Select the Class Timetable icon on the dashboard or on the top menu.
- The Class Timetable displays all classes.
- You can see the availability for each class.
- To book simply select *Sign Up*.
- You can book your classes 7 days in advance.

SATURDAY		SUNDAY		MONDAY	
7:00am - 60 min	Free	7:00am - 60 min	Free	7:00am - 60 min	Free
Swim Session	i	Swim Session	i	Swim Session	i
Pool / Fitness T.	15 of 15 free	Pool / Fitness T.	15 of 15 free	Pool / Fitness T.	15 of 15 free
Sign up		Sign up		Sign up	
8:00am - 60 min	Free	8:00am - 60 min	Free	8:00am - 60 min	Free
Swim Session	i	Swim Session	i	Swim Session	i
Pool / Fitness T.	15 of 15 free	Pool / Fitness T.	15 of 15 free	Pool / Fitness T.	15 of 15 free
Sign up		Sign up		Sign up	

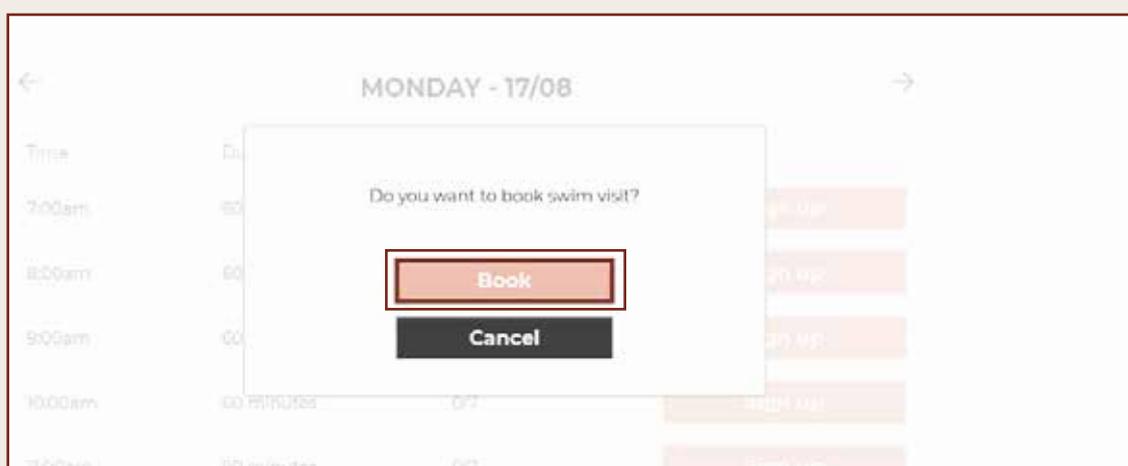
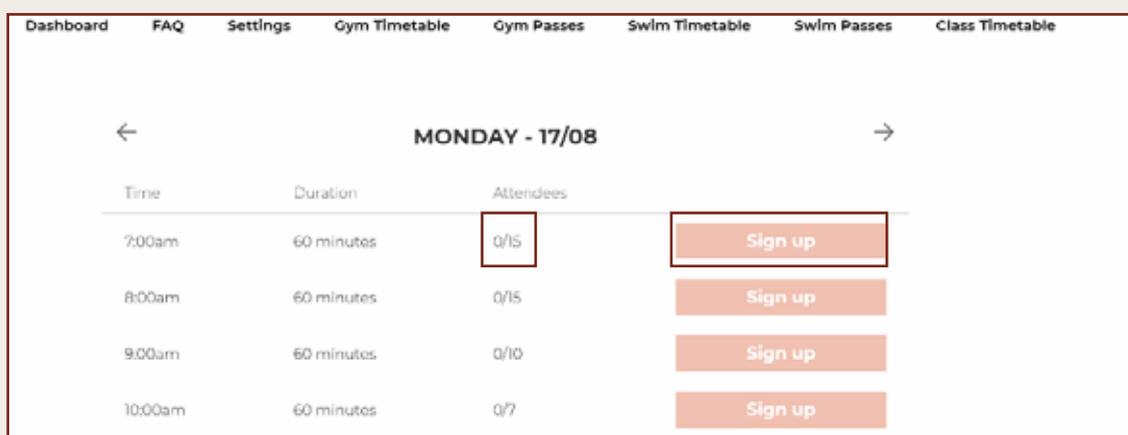
6. CANCELLING YOUR CLASSES

- Access the class timetable and then select *Cancel*.
- Confirm the cancellation by selecting *Yes*.



7. BOOKING YOUR SWIM SESSION

- Select the Swim Timetable icon on the dashboard or on the top menu.
- You can see how many spaces are available for the swim session in the Attendees column (In this case, 0/15 means there are 15 spaces available).
- Select *Sign Up* for the swim session which you wish to book.
- You must select *Book* to confirm your booking.
- You can book your swim session 7 days in advance.



8. CANCELLING YOUR SWIM SESSION

- Your dashboard displays all of your swim bookings.
- Select *Cancel* to cancel any of your swim bookings, ensuring you select *Yes* to confirm you wish to cancel your booking.

