



WELCOME MISSFIT *Queen!!!*

A HUGE WELCOME TO MISSFIT BOXING STUDIO®

Your MissFit membership has been loaded on our Oktiv booking system. Please check if you have received the link to download the Oktiv APP, as well as your login details. As soon as you are logged into Oktiv, you can start booking your session on our class schedule! YAY!

YOU'RE IN!
LET'S GET SWINGING!



BOOKING / CANCELLING BOOKINGS:

APP BOOKING RULES:

Bookings close 30min before each session start time.

30MIN

Cancellations closes 2 hours before each session start time. If you cancel within 2 hours before a session, you lose that session.

2 HOURS

RULES FOR LATE ARRIVAL: YOUR WARM UP IS THE MOST IMPORTANT PART

Warming up before working out is crucial to your progress and overall safety. MissFit Warm Up starts promptly after session start time and it is extremely important that you not miss it. Thus we have our late arrival rules to ensure you get a full body warm up.

5 MIN LATE → **10 BURPEE WARM UP**

10 MIN LATE → **20 BURPEE WARM UP**

11+MIN LATE → **WAIT FOR NEXT SESSION**

BOOKING WHEN A CLASS IS FULL:

You are able to book your spots 10 days ahead. If you do wish to book a session, but see that it is full, please add yourself to the **waiting list** and you will be notified via the app that a spot has opened for you if another member cancels. **Please ensure that your push notification settings are ON for the OCTIV app**

PUSH NOTIFICATIONS ON



NEXT:

CHECK IN

IF YOU BOOK, YOU CAN PLAY!

HOW TO CHECK INTO A SESSION



 **OCTIV**

- When entering the studio, please scan the QR code at the door, by opening the Octiv app and selecting **CHECK IN** on your booking.
- Please ensure you have data on your phone and that you allow access to your camera when the app prompts to scan the QR code.
- Only Vitality members will need to **CHECK OUT** after a session in order to retrieve vitality points.

**BOOM!!!
PAPERLESS**

YAY!



SEE NEXT PAGE FOR DISCOVERY VITALITY INSTRUCTIONS

DISCOVERY VITALITY

100 POINTS

EARN POINTS IF YOU ARE ON DISCOVERY VITALITY BY FOLLOWING THE FOLLOWING EASY STEPS:



Steps to follow:

Open your Octiv APP and open your profile (Three dots)

Click Discovery Vitality and fill in your details.

CHECK IN to a session as per page 3.

CHECK OUT after a session by scanning the QR code again to earn them points.

Done!

DID YOU KNOW?

AS A MISSFIT MEMBER ON ONE OF OUR FULL MEMBERSHIP PACKAGES,
YOU GET ALL OF THE FOLLOWING BENEFITS FOR FREEEEE!!!



EASY BOOKING APP

Book session via an app that syncs with your calendar



12 FREE ONLINE CLASSES

12 Free MissFit Connect+ Sessions (Online)



DISCOVERY VITALITY POINTS

Gain Vitality points fo attending your booked sessions



PART OF ONE, PART OF ALL

5 Free Sessions per year at another MissFit Branch



MISSFIT ONLINE SHOP

Access to our Branded Gear and Apparel Online shop



MEASURE YOUR PROGRESS

4 Free Baseline Tests per year to measure your progress

WELCOME TO

MissFit[®]
Exclusive Womens Fitness