**Cancellation Policy**

We understand that life can get busy, and sometimes plans change. To ensure fairness and respect for both your time and ours, we kindly ask that you review and follow our cancellation policy for all personal training services, including in-person, aerial, and calisthenics sessions.

1. **Notice Period for Cancellations**
   * We require a minimum of **24 hours’ notice** for cancellations or rescheduling of any personal training session.
   * Cancellations made within 24 hours of the scheduled session will result in a **full charge** for the session.
2. **Late Arrivals**
   * If you arrive late to your session, the session will still end at the scheduled time. Unfortunately, we cannot extend session times due to late arrivals.
3. **No-Shows**
   * Failure to attend a scheduled session without prior notice will be treated as a **no-show** and will incur a **full charge** for the session.
4. **Emergency Situations**
   * We understand that unexpected situations may arise. If you experience an emergency or extenuating circumstance, please contact us as soon as possible. We will make every effort to accommodate you on a case-by-case basis.
5. **Rescheduling**
   * If you need to reschedule a session, please notify us at least 24 hours in advance. We will do our best to offer an alternative time slot, but rescheduling is subject to availability.
6. **Package & Membership Refunds**
   * Once a package or membership has been purchased, it is non-refundable. However, sessions can be transferred or rescheduled in accordance with this policy.

By booking a session with us, you agree to adhere to this cancellation policy. Thank you for your understanding and cooperation. We look forward to helping you reach your fitness goals!

For any questions or clarifications, please feel free to contact us.