



How to participate in The HIIT Factory LIVESTREAM CLASSES

#liveinyourlivingroom

1. Book into your session as normal via the The HIIT Factory booking system – **Please make sure you book into a class that states LIVESTREAM CLASS** - Only clients BOOKED into the LIVESTREAM session will receive the email link for session.

****Please note you can join the livestream class directly via THE HIIT FACTORY APP - Once you have “booked” you can “Join The Class” directly via the app. We have many clients that workout this way also however for a greater screen view we recommend the laptop and email option**

2. Approximately 30mins prior to class start you will receive an email with link for joining the LIVESTREAM CLASS. You will click on the link at class start time – Please note the email address used will be the one we have in our booking system.
3. Upon entering the class, YOU will automatically be muted and have the option for join with video. We suggest having VIDEO ON so we can see you and help push and encourage during the class. ALL participants will be MUTED automatically meaning only the Instructor will be heard – This will enable the best video and audio for all participants. Please DO NOT UNMUTE as this will affect the stream and video experience for everyone.
4. Smash your session.

*We suggest joining via the above way via a laptop, and ideally linked to a large TV for the ultimate at home experience. You can also use phone-iPad for sessions directly via The HIIT Factory App