



How To join class / participate in The HIIT Factory LIVESTREAM CLASSES

Step 1. Download **ZOOM** onto your (laptop) and or phone. We recommend using laptop for bigger screen to view the at home workout. The app is FREE to download, you will set up an account to register.

Step 2 Book into your session as normal via the Mindbody / HIIT Factory booking system – Only clients BOOKED into the LIVESTREAM session will receive the email link for session. **Please note you MUST be booked in 30 minutes prior to class start time to enable us to send you the link for session.**

Step 3 Approximately 15-20mins 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 system – Mindbody/HIIT Factory booking system – please update in Mindbody if you need to.

Step 4. 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.

Step 5. Smash your session.