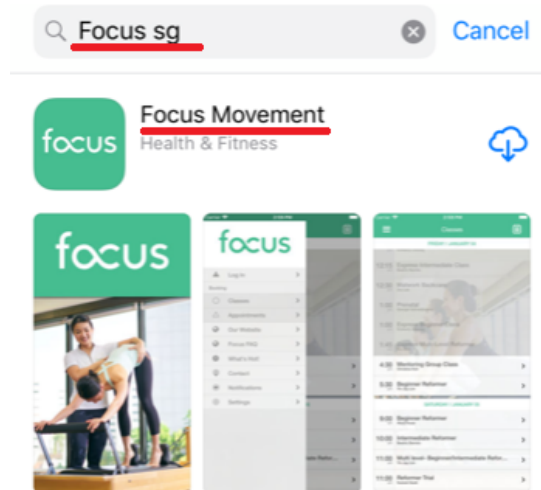




Focus App Guide

Download the App

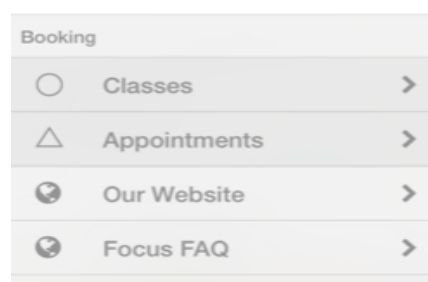
1. Download from app store by typing **“Focus SG”**.



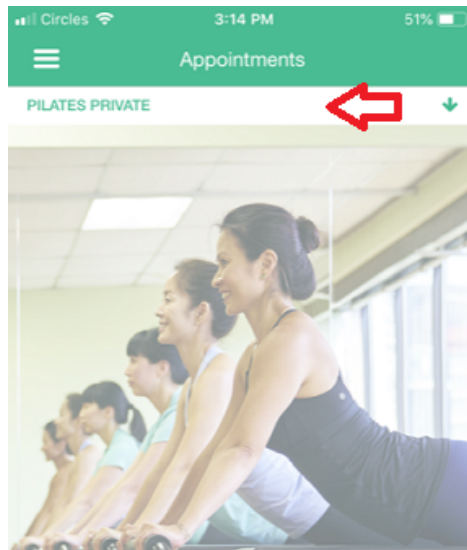
2. Log in using the username and password you have been using via your Mindbody app.

How to book a Private Pilates session?

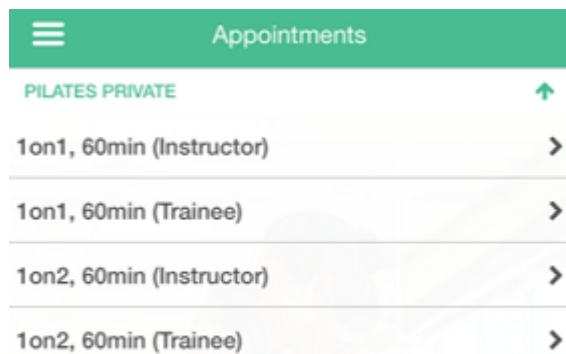
1. Tap on the triangle icon “Appointments”.



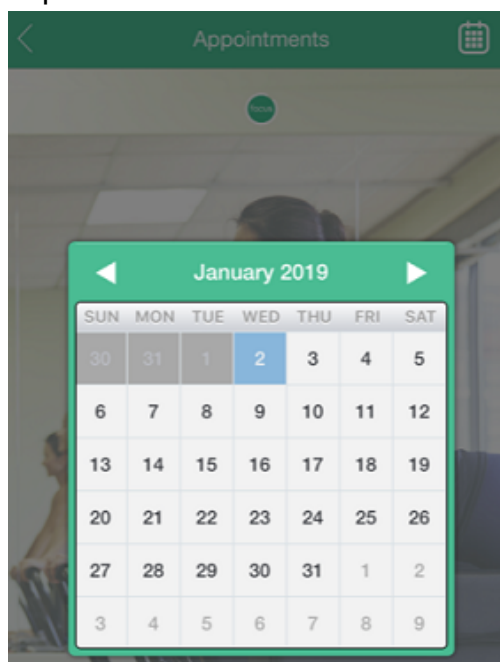
2. Tap on “Private Pilates”.



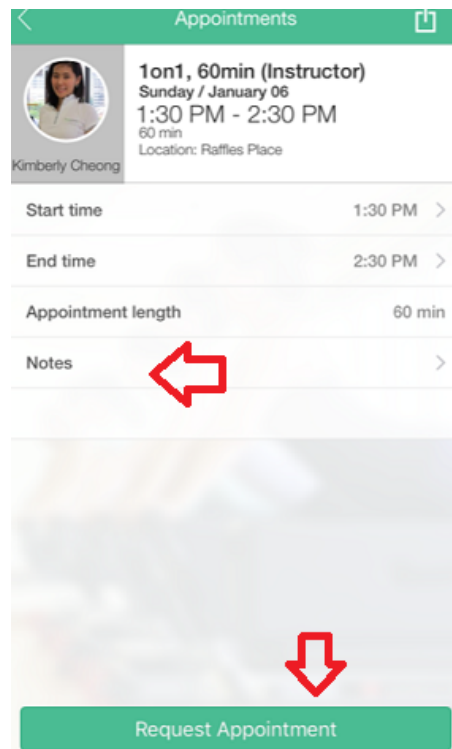
3. Select your preferred session.



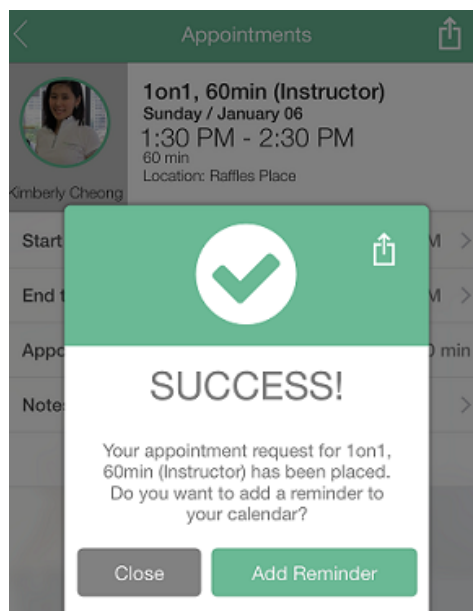
4. Tap the date that you prefer.



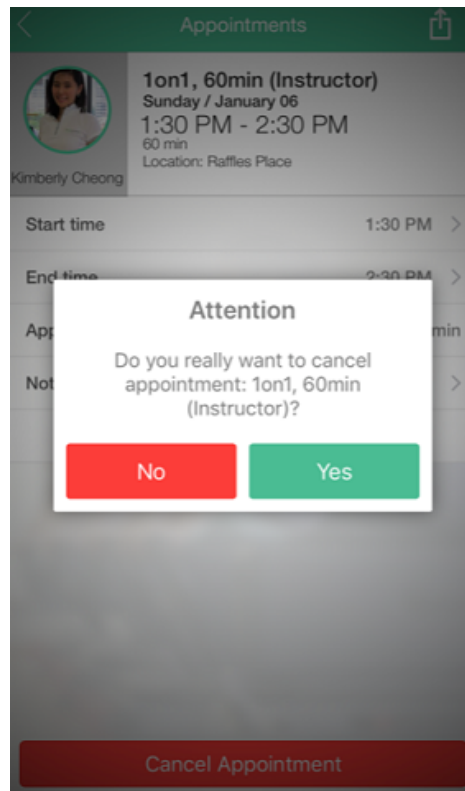
5. Tap on your preferred instructor and time available from the list.
6. Add notes if you have anything to highlight to the instructor, then tap “Request appointment”.



7. You can then tap “close” or “add reminder” if you wish to add to phone calendar.



8. To cancel the request - tap "Yes".



9. Upon successful cancellation

