

How To Join an Online Class

1. Sign Up and Book In using our IBPF app or online timetable.

(<https://member.clubware.com.au/InBalanceFitness/TimeTable>)

2. Sign up for a FREE Zoom Account
(<https://zoom.us>)

3. 30 minutes prior to start of the Virtual Class you will be emailed a link to join.

4. Enjoy!



INBALANCE
PHYSIOTHERAPY • FITNESS