

The Running Equation - Booking Policy

We're excited to help you train smarter, recover faster, and perform at your best.

To keep things fair and clear, please review our booking policies below before confirming your session.

1. Booking & Confirmation

- All sessions must be booked in advance through our online booking system.
- You'll receive a confirmation email once your booking is complete.

2. Rescheduling & Amendments

- You may reschedule your session up to 24 hours before your appointment at no extra cost.
- Changes made less than 24 hours in advance may not be guaranteed and will depend on availability.

3. Cancellations & Refunds

- Cancellations made more than 24 hours in advance will be fully refunded (if prepayment was made).
- Cancellations made less than 24 hours before your appointment are non-refundable.
- No-shows (missed appointments without notice) are non-refundable.

4. Late Arrivals

- If you are late, your session may be shortened to respect the next client's time.
- If you are more than 15 minutes late, the session may be considered a no-show.

5. Location of Services

- Sessions can take place at your home, local track, gym, or other agreed-upon location.
- Please ensure the space is safe and suitable for training.

6. Health & Safety

- By booking, you confirm that you are medically fit to participate in physical activity.
- Please inform us of any existing injuries, conditions, or concerns prior to your session.

7. Payment

- Payment is required at the time of booking (unless otherwise arranged).
- Packages or multi-session purchases are subject to the same policies above.

By confirming your booking, you agree to the terms of this policy.

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