

Laugh and Workout Promotions

Terms & Conditions

- You must inform us (prior to attending a class) of any illness, injuries or conditions that maybe aggravated or made worse by high intensity physical exercise.
- Safety measures (including COVID 19 measures) must be adhered to at all times.
- All instructions outlined in booking confirmation must be followed, including that you must bring your own gloves if attending a Cardio HiiT class.
- Cancellation: To avoid the loss of your booking and any offer, participants must notify Laugh and Workout of a booking cancellation at least 2 hours before the scheduled start time. Notification of cancellation can be made by clicking <https://www.laughandworkout.com/contact>.
- Events excluded.
- Promotions can be withdrawn at any time.
- Age 16+
- All rights reserved.