

## First Log In and Booking for appointments at Flow Pool + Studio

This will be the most time consuming booking you make at *Flow*, as once you have an account set up it will be much quicker.....we suggest using a lap or desk top computer:

1. <https://clients.mindbodyonline.com/launch>
  2. Search for **Flow Pool + Studio** and press on it (depending on your computer, you may have to press **continue to site without logging in**)
  3. **Create an Account** – enter your email and press **Next**
  4. Fill in your **Contact and Account** information then press **Create Account**
  5. Go to **Appointments** and enter the date for the week you want the booking
  6. Find your **appointment type**, day and time and click on it
  7. Enter your **name**
  8. Enter the **service** you want to book
  9. Press **Book**
- ~ **YOU ARE NOW BOOKED INTO YOUR APPOINTMENT** and will receive an email confirmation
- ~ Payment via direct debit before appointment commence please:

Direct Debit payments for Physiotherapy with Alice:

Alice Physiotherapy and Pilates  
12-3147-0441007-00

Direct Debit payments for the Pool, Float Cabin, Infrared Sauna and Spa Pool go into *Flow's* account listed below:

Flow Pool + Studio  
06-0801-0702862-00