

Armstrong Health and Wellness Cancellation Policy

By agreeing to the terms & conditions you are also agreeing that you understand the cancellation policy outlined below.

I understand that plans do change and sometimes you may need to cancel a class. I kindly ask you to be mindful that I am a small business and appreciate as much notice as possible and a minimum of **8 hours** for classes and 48 hours for courses or private sessions.

You can cancel yourself by emailing me at hello@armstronghealthandwellness.org or by WhatsApp 07976920855. Your class credit will be put back onto your account for you to use at another time. If you cancel within 8 hours before a class you will not be eligible for a refund.

Cancellation by Armstrong Health and Wellness

In the event that I have to cancel a class or private session due to unforeseen circumstances you will receive a full refund.