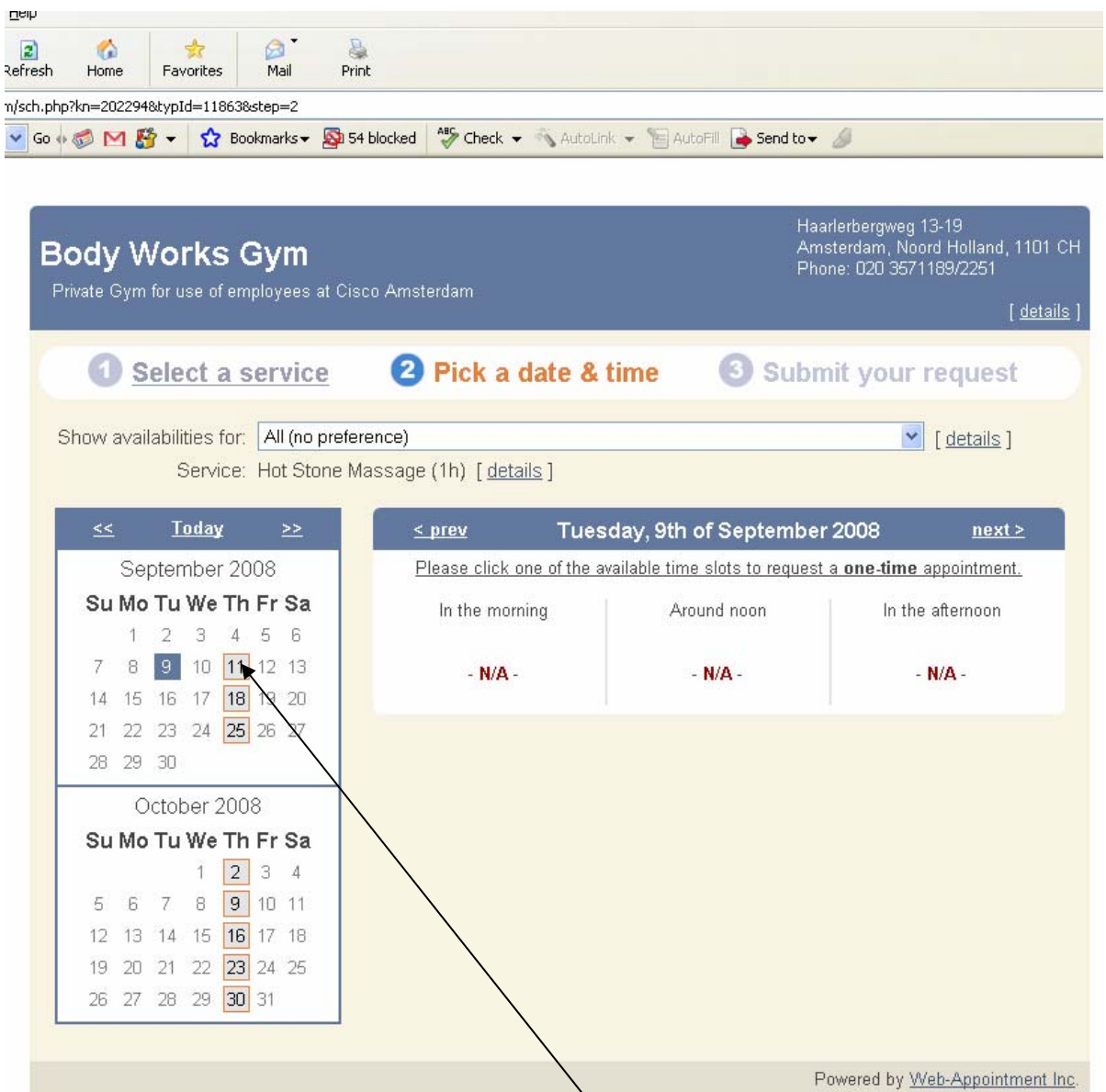


Instructions on how to make a booking using the web-based calendar

1. Browse the Bodyworks Website (www.bodyworksgym.nl) to find the service of your choice
2. Click on the bookings link for your chosen service; this will take you to a calendar page.



Body Works Gym
Private Gym for use of employees at Cisco Amsterdam

Haarlerbergweg 13-19
Amsterdam, Noord Holland, 1101 CH
Phone: 020 3571189/2251
[\[details \]](#)

1 **Select a service** 2 **Pick a date & time** 3 **Submit your request**

Show availabilities for: [\[details \]](#)

Service: Hot Stone Massage (1h) [\[details \]](#)

<<	Today	>>				
September 2008						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

< prev	Tuesday, 9th of September 2008	next >
Please click one of the available time slots to request a one-time appointment.		
In the morning	Around noon	In the afternoon
- N/A -	- N/A -	- N/A -

Powered by [Web-Appointment Inc.](#)

3. On the calendar, click on the date of your choice.

4. Select your chosen appointment time from the list of available times.

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[\[details \]](#)

1 Select a service **2 Pick a date & time** **3 Submit your request**

Show availabilities for: [\[details \]](#)

Service: Hot Stone Massage (1h) [\[details \]](#)

September 2008

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Thursday, 18th of September 2008

Please click one of the available time slots to request a **one-time** appointment.

In the morning	Around noon	In the afternoon
- N/A -	- N/A -	2:00 pm / 3:00 pm
		2:30 pm / 3:30 pm
		3:00 pm / 4:00 pm
		3:30 pm / 4:30 pm
		4:00 pm / 5:00 pm
		4:30 pm / 5:30 pm
		5:00 pm / 6:00 pm
		5:30 pm / 6:30 pm
		6:00 pm / 7:00 pm

5. Check your booking details are correct, then log in (if you are a returning customer) or create a new account (if this is your first time using the booking service).

Returning Customers: Fill in your email address and the password that you set up when you created your account.

Body Works Gym
Private Gym for use of employees at Cisco Amsterdam

Haarlerbergweg 13-19
Amsterdam, Noord Holland, 1101 CH
Phone: 020 3571189/2251
[\[details \]](#)

1 **Select a service** 2 **Pick a date & time** 3 **Submit your request**

Service: Hot Stone Massage (1h) [\[details \]](#)

Thursday, September 18, 2008 from 3:00 pm to 4:00 pm

Returning customer? Please, authenticate using your email and password.

Otherwise, just fill out the appointment form to book the appointment and create your customer file at the same time (you will receive a welcome email).

Forgot your password? [Get a new one!](#)

Email:

Password:

keep me logged in

Please fill out the form to request the appointment.

* These fields are required.

* Full Name:

* Email:

Your password: (choose one for your account)

* Phone:

Cell Phone:

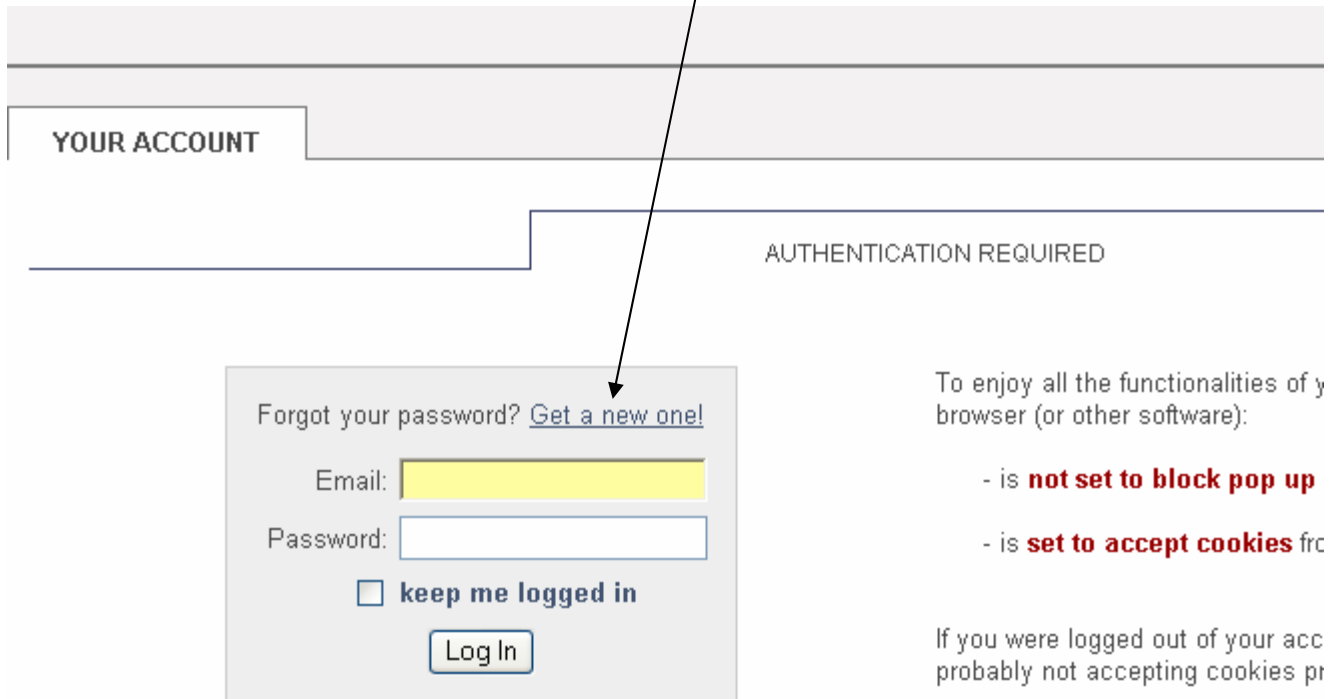
We will collect your IP address (a unique number assigned to you by your Internet Service Provider when you connect to the Internet) to identify you should you be

New Customers: Fill in the details requested here and click on 'Submit Your Request'. You will then receive an email with a password. You can use this to log in to the bookings system in future, or to change / update or cancel your appointment.

6. Once you have made your booking you will receive a confirmation email. Please keep this safe. You will also receive an email reminder one day before your appointment.

What happens if you forget your password?

1. On the log-in page, click to request a new password



YOUR ACCOUNT

AUTHENTICATION REQUIRED

Forgot your password? [Get a new one!](#)

Email:

Password:

keep me logged in

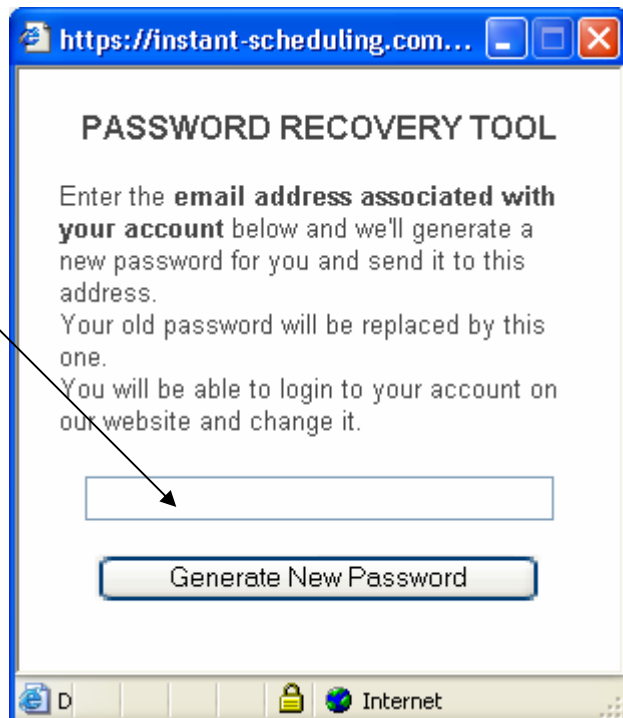
Log In

To enjoy all the functionalities of your browser (or other software):

- is **not set to block pop up**
- is **set to accept cookies** from

If you were logged out of your account probably not accepting cookies properly

2. Fill in your email address and click to generate a new password



https://instant-scheduling.com...

PASSWORD RECOVERY TOOL

Enter the **email address associated with your account** below and we'll generate a new password for you and send it to this address.
Your old password will be replaced by this one.
You will be able to login to your account on our website and change it.

Generate New Password

D Internet

3. A new password will be emailed to you (you can change it later).

How to Review / Change or Cancel an Appointment

1. Either follow the 'Review / Change or Cancel Appointment' links on the Body Works Website, or go directly to <https://instant-scheduling.com>
2. Log in using the email address and password that you used when setting up your account.

YOUR ACCOUNT

AUTHENTICATION REQUIRED

Forgot your password? [Get a new one!](#)

Email:

Password:

keep me logged in

To enjoy all the functionalities of your browser (or other software):

- is **not set to block pop up**
- is **set to accept cookies from**

If you were logged out of your account probably not accepting cookies properly

3. You will then be shown an overview of your account. From this page you can make appointment changes or cancellations, review your account details or change your password.

WELCOME MY ACCOUNT APPOINTMENTS

WELCOME TO YOUR ACCOUNT

Welcome to your personal area **Test Person**. You may use the menus at the top to setup your account, update your personal information, manage your appointments and more...

New appointments:
Please [click here](#) to make new appointments with professionals you have already contacted, or lookup other registered professionals in our database. You will find a "request an appointment" link for each professional's profile.

Cancel / Reschedule appointments:
Please [click here](#) to review any upcoming appointments and / or cancel / reschedule them.

YOUR APPOINTMENTS AT A GLANCE

- You have 0 appointment(s) scheduled for today.
- You have 0 appointment(s) scheduled for tomorrow.
- You have 0 upcoming appointment(s).
- You have 0 appointment(s) pending confirmation.
- You have 0 cancelled appointment(s).