

The 9 steps to a successful booking

1. download & install "SportsNow" from the [App Store](#) or [Play Store](#)
2. log in and create a profile via the Mobile App or on <https://sportsnow.ch>
3. enter "Massage UBS" at "Find Fitness Studio" and add it as a favourite
4. select massage location
5. confirm exclusion of liability
6. select massage therapist
7. select a free appointment (or add to the waiting list)
8. Optional: Send a note to the masseur, e.g. if there is no admittance to the building.
9. confirm booking

Please note the instructions in the booking information!

Notes:

Under "My hours" in your profile you can view the booking details and import the appointment into your calendar.

Important: Appointments can be cancelled up to 24 hours in advance, FREE OF CHARGE, after that the appointment has to be paid.