

### Make reservations for BRESS group classes (laptop / PC)

1. Go to <https://bress.baanreserveren.nl> and log in with your username and password.
2. Go to the day you want to make a reservation for (see calendar, left of screen).
3. Click on "SPORTS @ BRESS" at the top of the screen.
4. Go to the timeslot / group lesson for which you want to book and then click on it.
5. Click on "continue" and then on "confirm".
6. You have now made a reservation.

### Make reservations for BRESS group classes (smartphone)

1. Go to <https://bress.baanreserveren.nl> and log in with your username and password.
2. Select at "CHOOSE SPORT" for "SPORTS @ BRESS"
3. Select at "CHOOSE DATE" for the date you want to reserve.
4. Go to the timeslot / group lesson for which you want to book and then click on it.
5. Click on "continue" and then on "confirm".
6. You have now made a reservation.

Please note: If you do not have a password or have forgotten your password, please email [info@bress.nl](mailto:info@bress.nl) and we will send you an email (which may end up in SPAM) containing a link that is valid for a maximum of 24 hours to create a new password. Do this within 24 hours, otherwise the link will expire and a new email has to be sent.