



Rødskær Bro d. 20/7-2012

## Book time for indoor cycling or instructor in the gym.

Want to join an indoor cycling team, or want to book an instructor for test or follow-up-hour, please do it this way:

Enter [www.motionscenter.rif-idraet.dk](http://www.motionscenter.rif-idraet.dk) and click the tab "Oprettelse og booking"

REMEMBER you must be a registered user in order to book times. (See guidance "Registering of new member")

On the left side is the 3 calendars which can be booked up against.

Styrketræning 1 and 2 is divided in the way that "Styrketræning 1" is the main calendar". If there are several instructors on duty, they will put time into "Styrketræning 2".

Doing that, there can be booked at both 1 and 2 if there is time available.

Allerede medlem, se nedenstående kalender for booking af Indoor Cycling eller Styrketræning.

In this case, I would like to see if there is an idle time on the calendar "Styrketræning 1" on the 18/8-2012.

|       |  |                             |  |
|-------|--|-----------------------------|--|
| 17:30 |  |                             |  |
| 18:00 |  |                             |  |
| 18:30 |  | prøve og opfølgning michael |  |
| 19:00 |  |                             |  |

Between 18-19 is this possible to book an instructor.  
Click on the time you want to book.



|   |  |  |
|---|--|--|
| Rødskærsbro Idrætsforening<br>Brandstrupvej 25<br>8840 Rødskærsbro<br>Tlf.: 21703934<br>CVR: 29903611 | E-mail eller mobil:<br><input type="text" value="11223344"/> | Adgangskode:<br><input type="password" value="....."/> |
|   | <a href="#">Glemmt adgangskode?</a>                          | <input type="button" value="Login"/>                   |

  

|                                  |                                     |
|----------------------------------|-------------------------------------|
| <b>Styrketræning 1</b>           | Onsdag, d. 18-07-12                 |
| kl. 18:00 - 19:00                | <input type="button" value="Book"/> |
| Fri: 1    Optaget: 0    Total: 1 |                                     |

Log in using mobile number or e-mail and password.  
Here it is seen also that the time has not yet been booked.

|   |  |
|---|--|
| Rødskærsbro Idrætsforening<br>Brandstrupvej 25<br>8840 Rødskærsbro<br>Tlf.: 21703934<br>CVR: 29903611 | <input type="button" value="Logud"/> Steen Test Sørensen<br>Rugvej 111<br>8840 Rødskærsbro<br>01-01-1900 |
|---|--|

  

|                                  |                                     |
|----------------------------------|-------------------------------------|
| <b>Styrketræning 1</b>           | Onsdag, d. 18-07-12                 |
| kl. 18:00 - 19:00                | <input type="button" value="Book"/> |
| Fri: 1    Optaget: 0    Total: 1 |                                     |

Once you are logged in, you can click on "Book"

|  |                                    |
|--|------------------------------------|
| <b>Booking</b>                             | <input type="button" value="Luk"/> |
| Ressource:  Styrketræning 1  Motionscenter |                                    |
| Dato: 18-07-12                             |                                    |
| Tidspunkt: 18:00 - 19:00                   |                                    |
| <input type="button" value="Book"/>        |                                    |

|                                  |   |
|----------------------------------|---|
| <b>Styrketræning 1</b>           | Onsdag, d. 18-07-12                     |
| kl. 18:00 - 19:00                | <input type="button" value="Annuller"/> |
| Fri: 0    Optaget: 1    Total: 1 |   |

Time is now booked.

If you need to cancel any time you have booked, you must find the time in the calendar and log in as shown previously.

But here, click instead on "Annuller" to cancel the booking.

|                                  |   |
|----------------------------------|---|
| <b>Styrketræning 1</b>           | Onsdag, d. 18-07-12                     |
| kl. 18:00 - 19:00                | <input type="button" value="Annuller"/> |
| Fri: 0    Optaget: 1    Total: 1 |   |

|  |                                    |
|--|------------------------------------|
| <b>Booking</b>                             | <input type="button" value="Luk"/> |
| Ressource:  Styrketræning 1  Motionscenter |                                    |
| Dato: 18-07-12                             |                                    |
| Tidspunkt: 18:00 - 19:00                   |                                    |
| <input type="button" value="Annuller"/>    |                                    |