

Running a class

Console controls, timer, zones & after-class reports



Open the trainer console

Keep the console open on your phone or laptop while you teach. You do not need to touch the TV — the board updates automatically.

1. Go to /admin and enter your group code if prompted.
2. Sign in with owner email and password (or studio PIN on the iPad).
3. Confirm members are appearing on the roster as they connect.
4. Check the connection status pill shows Connected.



Trainer console

Bookmark on your phone. Password sign-in unlocks session controls.

pulsegrid.club/admin?group=PULSE

During class

Session timer

- Tap Start when class begins. The timer runs on the board and in your console.
- Pause if you need a break mid-session.
- Reset clears the timer for a fresh interval block.

Automatic start (schedule, first join, or headcount)

- Scheduled start: pick a date and time under Automatic start, then tap Set schedule.
- First athlete: tick Start when the first athlete joins for instant openers.
- Auto-start when connected: tick the checkbox and set how many athletes need live heart rate.
- Status under the timer shows when a schedule or auto-start is armed.
- Manual Start still works at any time.

Guides: pulsegrid.club/docs/guidance-scheduling.pdf · pulsegrid.club/docs/guidance-connection-stability.pdf

Target heart rate zone

Set the zone you want the room to aim for. The board highlights who is in blue, green, orange, or red.

- Blue — recovery / warm-up.
- Green — aerobic base.
- Orange — tempo / threshold.
- Red — high intensity / sprint work.

Sprint

Tap Sprint for a 60-second intensity burst. The board announces it to the whole room — great for HIIT finisher blocks.

Roster

See who is connected, their current zone, and heart rate. Use this to spot members who may need help connecting.

End class & reports

1. When class finishes, tap End class & save all in the console.
2. Session stats are stored for every connected member.
3. On Premium, open Reports to email PDF summaries or export Excel.
4. Use the report builder to customise templates with coach notes and metrics.
5. Members can view their recap on the same phone via Your history — no account needed.

Marketing tools (Premium)

- Share kit — copy join link, social caption, and WhatsApp text for your next session.
- Email blast — notify your member list about the next class (with sensible limits).
- Join page banner — promote your next session on the member join screen.



Report builder
Custom templates



Help centre
FAQ & support

Tip: end class before you leave the studio. If you close the console without ending, some session data may not save correctly.