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GYM RULES

Please follow ALL rules in our FITNESS studio to help us keep the space clean and fully functional:

- **UPON ENTRY, PLEASE CHANGE INTO CLEAN INDOOR SPORTS SHOES AND SPORTSWEAR.** KINDLY RESPECT THE DESIGNATED AREAS FOR OUTDOOR SHOES.
- **ALWAYS BRING A TOWEL** AND USE IT ON BENCHES AND MATS.
- WE RECOMMEND BRINGING **YOUR OWN DRINK**. IF NEEDED, WE OFFER STILL AND LIGHTLY SPARKLING WATER.
- PLEASE ARRIVE AT THE STUDIO AT **YOUR SCHEDULED TIME – NOT EARLIER.**
- EACH TRAINING SESSION LASTS **50-55 MINUTES.**
- **DOGS, CATS OR OTHER PETS ARE NOT ALLOWED** IN THE STUDIO. 😊
- WE DO NOT HAVE A CHILDREN'S CORNER, THEREFORE, **CHILDREN UNDER 10 YEARS OF AGE ARE NOT ALLOWED.** IN EXCEPTIONAL CASES, AN EXCEPTION MAY BE MADE BY PRIOR AGREEMENT.
- IF YOU HAVE A COLD OR DON'T FEEL WELL, **PLEASE DO NOT COME TO TRAIN.** YOUR BODY, AS WELL AS WE AND OTHER VISITORS, WILL APPRECIATE IT. DON'T TRY TO BE A HERO – GIVE YOUR BODY THE REST IT NEEDS.
- IF SOMETHING COMES UP, **PLEASE CANCEL AT LEAST 24H IN ADVANCE** SO WE CAN OFFER THE SLOT TO SOMEONE ELSE. OTHERWISE, THE SESSION WILL BE **CHARGED.**

THANK YOU!