

# Studio Class Guide



- Please book 3 days in advance to guarantee your space in the Class
- Please arrive for your class 5 mins before the start of the Class
- Arrive 'Class ready' – changing rooms are not currently available for Studio Class users
- Please bring your own sweat towel
- Personal items like bags and coats must be stored in the rack opposite the Health Club Reception
- Please continue to sanitise all Studio equipment after use
- Please be careful and considerate when making bookings to ensure you only book one space in a Class
- Please provide as much notice as possible when cancelling activities to allow other Members to make use of the space
- Please follow the rules in place for each activity, they have been put in place to ensure Member comfort and safety

If you have any questions, please speak to a member of the Health Club team.

**Luke Fenton**  
**Health Club Manager**