



SAFETY PROCEDURE

- Please arrive no more than 5 minutes before for your session starts to allow time for any previous occupants to depart
- Do not join a class if you are feeling unwell
- Wearing a face mask is mandatory when entering the building, you can remove it during the session, however you must then wear it to leave
- Please wash your hands or use hand sanitiser before entering the room. Hand sanitiser will be available if you do not have your own
- Maintain social distancing as per the current government guidelines with people not from your household or bubble
- No equipment will be provided, you are requested to bring your own
- Rubber mats will be placed on the floor to designate an area for each member
- Class size will be limited, booking essential
- Payment is requested online where possible
- Please bring your own drinks

