



COVID-19 STUDIO OPERATING PROCEDURES

- We are so excited to be able to dust ourselves down and open our doors to you again. We have been following the government guidelines very closely.
- We have taken every precaution we can to ensure the clients safety while working out at the studios. Including social distancing, staggered classes with fewer numbers and designated work out spaces.
- The studio will be deep cleaned every night using fogging method that disinfects all areas using EN1276 verified products which are non-toxic.
- Should anyone feel unwell, we ask that they please do not come to the studio - we will credit the class back on to their account.
- All clients and teachers will be temperature checked before going into class.
- We have changed all the air filters and increased the flow of air through the handling unit. The air that is circulating and filtered in the studio is external air.
- We have sanitisers outside every studio and reception - please make sure to use before and after class.
- We have limited the equipment available in the studios. No bolsters or straps.
- We will be cleaning equipment and the studio in between each class.
- Masks are not compulsory in class, but if you are more comfortable wearing one that is of course your own choice. Our staff will be wearing mask.
- We have staggered and socially distanced the mats in the yoga studio. In the fitness studio we have created socially distanced designated work out spaces for each student.
- We have reduced the numbers in classes and the number of classes on the timetable to ensure there are never too many people in the building at one time.
- Once a student is in the class, they must try not move from their designated area. Teachers will not be making any hands on adjustments. The instructor will not be shouting or playing music too loudly.
- There will be a one way system in place to enter and leave the studio, no waiting area will be available.
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- There will be at least a half hour gap between classes in each studio to allow for cleaning.
- We ask that students arrive as prepared as they can be to work out, in order to limit numbers in the changing rooms. Our showers will be closed for now.
- We will not be allowing late comers into class as it will disrupt the distancing procedures in place.
- We are encouraging students to bring their own mat, however in emergency, we have brand new mats available to rent or buy.
- We are super excited to see you!