



Staying safe

Your health and safety is our number one priority.

We all play an important role in making the use of our facilities a safe experience so we've introduced measures to help protect you.



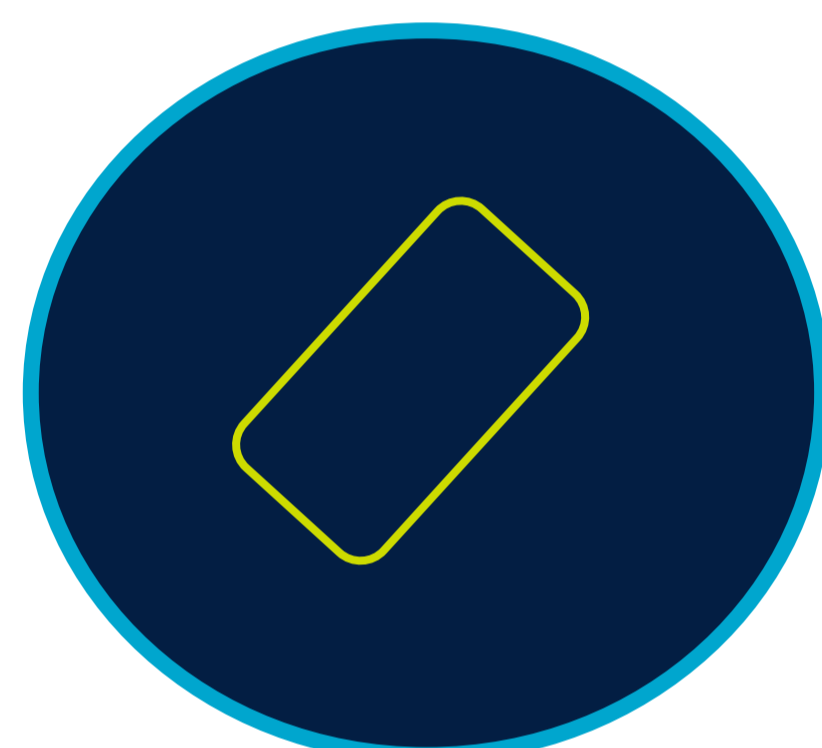
Pre-book your session



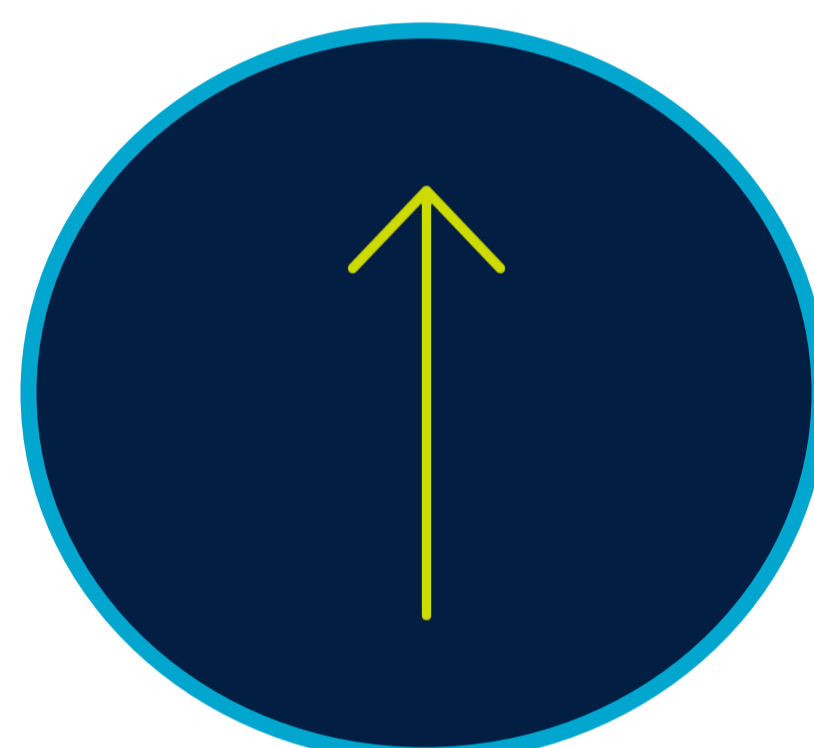
Arrive in your workout gear



Bring your own water



Bring your own mat



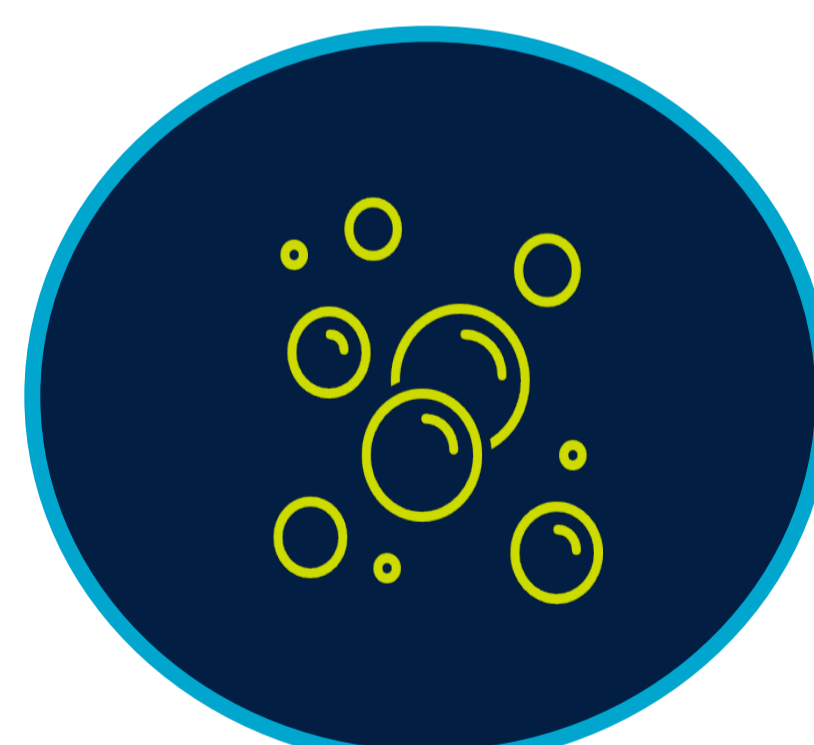
Follow the one-way system



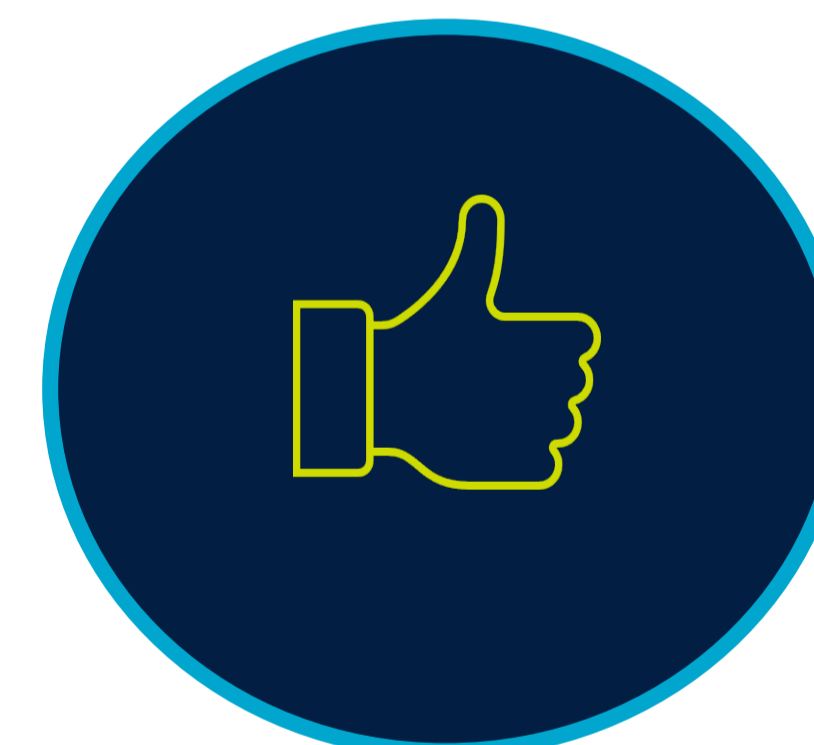
Practise social distancing



Wash/sanitise your hands



Wipe down surfaces after use



Thumbs up, no high fives!



Be kind to each other
and our staff



Leave as soon as your
session finishes



Not feeling great?
Please stay at home!