

**SHOULD YOU HAVE UNSPECIFIC GENERAL SYMPTOMS OR RESPIRATORY SYMPTOMS,
WE HAVE TO EXCLUDE YOU FROM THE TRAINING**



**CLASS PARTICIPATION IS ONLY POSSIBLE WITH PROFESSIONAL PCR OR ANTIGEN TEST OR
A VACCINATION CERTIFICATE. PLEASE BRING THE CONFIRMATION WITH YOU.**



**STAFF & CLIENTS MUST WEAR A FFP2 MASK AT ALL TIMES
ONCE YOU ARRIVE ON YOUR MAT YOU MAY TAKE OFF THE MASK FOR THE CLASS**



**PLEASE ARRIVE NO MORE THAN 10 MINUTES AND NO LATER THAN 5 MINUTES
BEFORE CLASSES. ONCE THE CLASS STARTS THE STUDIO DOORS WILL BE CLOSED**



WE ASK YOU TO WASH YOUR HANDS REGULARLY AND THOROUGHLY



**CHANGING ROOMS ARE OPEN FOR MAX. 2 CLIENTS AT A TIME
PLEASE KEEP THE 1.5 METERS DISTANCE**



**WE ARE NOT ALLOWED TO PROVIDE OPEN LIQUIDS. PLEASE BRING YOUR OWN WATER.
YOU CAN ALSO BUY BOTTLED WATER AT THE STUDIO. WE ASK YOU TO TAKE YOUR BOTTLES
HOME WITH YOU, WE WON'T TAKE EMPTY BOTTLES BACK**



**DURING THE CLASS, THE WINDOWS MUST REMAIN OPEN THROUGHOUT
PLEASE CONSIDER WEARING AN EXTRA LAYER OF CLOTHING**



THERE WILL BE NO HANDS-ON CORRECTIONS



**AFTER CLASS, PLEASE DISINFECT AND CLEAN YOUR MAT AND ALL THE PROPS
PLEASE KEEP THE 1.5 METER DISTANCE TO OTHER CLIENTS WHEN LEAVING THE STUDIO.**