

The Lodge Space Studio Etiquette

1. Arrive early for class. No entry to studio 5 mins after class starts.
2. Always check in on the iPad near reception, to avoid receiving a penalty on your account.
3. No phones in class.
4. It's recommended that you bring a towel if you sweat a lot.
5. Follow the teacher's instructions to stay safe and prevent any injuries in class.
6. Listen to your body for the day.
7. Respect the space and others around you.
8. Be mindful of your volume to avoid disturbing others and to heighten levels of focus.
9. After class, wipe the mat down.
10. Cancel within 6 hours to avoid £5 penalty fines.
11. Have fun, challenge your limits, create balance.