



Terms & Conditions

All classes can be booked through The Lodge Space application, our website or at Reception up to 14 days in advance. Should you find yourself on the waitlist please do plan to attend this class, you will be notified by email and/ or text if a space becomes available up to an hour before the class.

We encourage you to update your profile with both your email address and mobile phone number and to select to receive both text and email updates (to be reminded of classes, appointment and waitlist upgrades). If you are unsure how to do this please see us at Reception, a member of staff can update your profile.

Should you find that you are no longer able to attend a class please cancel at your earliest convenience. Classes must be cancelled at least 6 hours in advance or you will be charged for that class.

Any class cancellations with less than six hour's notice will be classed as a late cancel and a £5 fee will be charged to the credit or debit card held on file. Failure to turn up to a class without cancelling (no show) will incur a £5 fee charged to the credit or debit card held on file.

Per calendar month we forgive up to 2 no show / late cancellation charges as we know that life sometimes gets in the way of making it to class.

We may require to hold your debit/credit card on file, which is held by BSPORT in a fully encrypted PCI & DSS compliant software.

The late cancellation and no show fees apply to all memberships including the "intro offer".

Please do not ask us to break this golden rule, it is in place to ensure that all members have a positive experience and to deter consistent no shows and late cancellations.

Exceptions can be made in extreme circumstances and must be referred to the General Manager who may ask for a Doctors note if severe illness/ injury.

TheLodge.space reserve the right to cancel classes and make changes to the timetable as required, periodically reviewing classes to ensure a popular offering is provided to members.

You must advise the instructor at the beginning of each class of any injuries, illnesses or issues that may impact your ability to participate. It is expected that you will work within your fitness levels and ability, listening to your body, and you will notify the instructor of any injury sustained during class.

In classes you may receive physical assists or adjustments from the instructor to enhance and correct body posture, if this is something you are not comfortable with then please inform them beforehand. You understand that classes may be physically strenuous and you are voluntarily participating with the knowledge that there is a potential risk of accident, injury or death.



Treatments can be booked online or through The Lodge Space application. Payment is made in advance and appointments can be cancelled up until 24 hours prior to the start time to receive a full refund. Cancellations after this time will be considered non-refundable.

All members are asked to follow our recommended studio etiquette. We ask that you are courteous of other members and respect the space, leaving the facilities as you find them. Therapists, instructors and employees should be treated with respect. Verbal or physical abuse of any kind will not be tolerated.

Failure to maintain good studio etiquette may result in your exclusion from the premises and your membership revoked. TheLodge.space reserves the right to refuse entry to the facilities and use of its services.