

# // Studio Rules

// LET'S BE HAPPY - We want you to workout in a friendly, open & uplifting environment.

// BE OPEN - We always have an open ear. If you have any ideas how we can make things better, we'd love to hear it.

// BEHAVIOUR - Please be aware that we cannot tolerate aggressive and disrespectful behaviour at any time.

// SAFETY FIRST - Please always inform us if you feel a little under the weather, have any aches, pains etc.

// HEALTH - Please remember our qualified trainers have been through years of study and practical experience, therefore if they do not think you are fit to train then we have the right to decline your session (for your own benefit!). Training when you are very sick will only stress the body more!

// EXPERIENCE - Our qualified EMS trainers have been through training from Miha Bodytec, therefore it is best to leave the adjusting of impulses up to them for your own safety.

// COURTESY - Please always be on time as a courtesy to the next trainee booked after you.

// HYGIENE - If you haven't washed your gear, that's no problem. Just let us know & we can provide you with freshly washed gear, as the sanity of the vests & equipment rely on clean and tidy gear.

// CANCELLATIONS - If you need to cancel a session, please be aware of our cancellation policy which is sent with the booking confirmation and is available on our website.

// SESSIONS PER WEEK - If you miss your weekly session(s) we try to accommodate a make-up session at our discretion. But we reserve the right to decline this for your own safety, as we only allow a maximum of 2 sessions per week.

// CALL US for anything! If you are running late, have questions about where to park, what to eat prior or after a session, how to stretch sore muscles etc. We are all ears!

// BOOK AHEAD - As fu/nis EMS training increases in popularity our spots are filling fast, so book your sessions in advance!

