



HOT YOGA

ELITE[™]
FITNESS

Etiquette

- Shoes should be removed at the door of the studio and stored in the shoe rack
- You will need a towel – they can be hired at reception for £1, there is a used towel washing bin in the gym
- It is advisable to have a litre bottle of water
- Arrival must be 10 minutes before class
- All bags AND coats are to be left in the lockers in the changing rooms
- No mobile phones in the studio
- All classes must be booked online here (Please scan QR code)

