

## **Rules of the Pilates Classes**

### **1. Door closed after 15 minutes**

The door to the room closes 15 minutes after the start of the class. It will not be possible to join the session after this time. Please arrive on time to avoid any disturbance.

### **2. No course change within 48 hours**

Course dates cannot be changed or transferred if the cancellation or request is made less than 48 hours before the session.

### **3. No refund**

Once the reservation is made, no refund will be possible, whatever the reason.

### **4. Phones in silent mode**

For the sake of everyone, please turn off your mobile phone before the start of the class. If you are responding to a call, please leave the room.

### **5. Appropriate and comfortable clothing**

Please wear soft and comfortable clothing, as well as socks or Pilates shoes. It is better to avoid clothes too wide for better mobility.

### **6. Compliance with safety instructions**

Listen carefully to the instructor's instructions and follow the directions to ensure your safety. If you have any medical concerns, please report them before the course begins.

### **7. Course cancellation**

In case of cancellation of the course by the instructor (due to unforeseen circumstances), we will inform you by email or Instagram message. Another course may be rescheduled or credit will be offered.

### **8. Respectful behaviour**

A calm and respectful environment is essential. Please respect other participants and maintain a positive, calm attitude throughout the course.

### **9. Participant limit**

Courses may have a limited number of participants to ensure personalized attention, so it is advisable to book in advance.

## **10. Personal hygiene and equipment**

Please respect our equipment (carpets, accessories, etc.) by handling it with care. It is essential to arrive clean and dressed properly to maintain good hygiene in the room. The use of a personal carpet is recommended for hygiene reasons, but if you are using the equipment of the establishment, please clean it after each session.