



# NEW TO THE STUDIO?

WE'VE PUT TOGETHER A  
QUICK GUIDE TO SHOW  
YOU WHAT TO DO...

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## BOOK AND PAY FOR YOUR CLASSES EITHER ONLINE, OVER EMAIL OR BY PHONE

- [www.fittogetherstudio.co.uk](http://www.fittogetherstudio.co.uk)
- [info@fittogetherstudio.co.uk](mailto:info@fittogetherstudio.co.uk)
- 07946 353731

2

## COMPLETE YOUR HEALTH AND EXERCISE QUESTIONNAIRE

- We will email or post this to you wherever possible

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## ARRIVE AT THE HEXAGON DRESSED FOR CLASS AND READY TO EXERCISE

- Bring some water
- To avoid queuing please arrive no more than 10 minutes before the start time
- Sanitise your hands on arrival
- Leave your outdoor kit on the rack in reception (only water and mat allowed in the studio)

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## MOVE IN TO THE STUDIO AREA

- Take your place on the furthest free spot ready for class
- If you're using one of our mats we ask you clean it before and after use with the sanitiser provided

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## ENJOY YOUR CLASS AND BOOK FOR NEXT WEEK

- Book for next week's class using contactless and depart the Hexagon feeling great!