

Topic	Mandatory Rules
Number of participants per class	Maximum 8 participants
Minimum m ²	15-20m ² per person
Changing room	The changing room is closed . Please undress or change at your pole. Bring a bag with you, where ALL YOUR CLOTHES AND OTHER THINGS , which you don't need for class, fit in. After changing, put all the clothes and things into this bag and put it (as well as your other handbag or anything else) close to a wall.
Distance	Please respect a distance of 1,5-2 meters . The poles are a good indicator for this. Try to stay at your pole as much as possible and avoid an unnecessary movement in the room. Do not cue for the toilet.
Drinking water from the tap	Please fill up your bottles at home or buy something on your way. It is now prohibited to refill your bottles from the water tap in the studio in order to prevent cues in front of the lavatory.
Toilet	<p>Please, if possible, try to avoid using the toilet by using it at home. If you still really need to use it, take the disinfectant spray with a paper tissue before you are about to leave and spray ALL contact areas with it. Throw the paper tissue into the bin after that and do not touch anything in the toilet when leaving.</p> <p>We provide you with disposable gloves for the toilet use. We strongly recommend to put them on before going into the toilet and to only remove them while leaving. However, as some of you may be allergic to them, this only remains a strong recommendation.</p> <p>The spraying with the disinfectant spray and the touching of the spray with a paper tissue is NOT a recommendation, but MANDATORY.</p>
Warm-up	The warm-up will take place without maths, yoga-blocks or bands for the time being.
Own equipment in the stretch classes	<p>We strongly ask you to bring your own mats and if possible, yoga blocks for the stretch classes. We will, however, clean and apply disinfectant spray to the mats and blocks in the studio -like before- and provide you with disinfectant spray so that you can also do it yourself.</p> <p>Your own equipment is, however, safer and helps us to comply better with the new regulations.</p>

Towels	Please bring your own towels with you. This is MANDATORY . Do NOT share your towels with no one. In extraordinary situations we can provide you with a fresh towel for your own, personal use, however, it must not become a rule. You are NOT allowed to share this towel with other persons as well as take the towels of other people.
Face Mask	Pursuant to the 10. Regulation for Hessen regarding Corona Loosening, sport activities services do not have the obligation to demand face masks. We nevertheless recommend using one, if you feel safer this way.
Entrance and Exit	Please leave enough space for people in front and behind you when entering or leaving. Only ONE person may stay in the lobby. The others MUST cue in the stairway and wait for their turn to enter and observe the minimum distance . The shoes must be left in the lobby with a sufficient distance also. Please note that it may take some time until you can leave the premises AFTER the class. If you are in a hurry, please leave earlier.
Gloves	No gloves (except the toilet). The pole has been cleaned with isopropanol before you and after you. Therefore you are the only person using it, while all the others are at least 2 meter away. Do NOT touch the poles of others (or any free poles, which is not yours).