

On Demand Safe Usage Etiquette

Arrive Nice and Early

Allow at least 5 mins to set up your equipment and watch the on screen class disclaimer to be prepared for your virtual experience.

Dress for Success

We recommend that you wear breathable and moisture-wicking clothing that will make your workout more comfortable and enjoyable.

Keep Hydrated

Take small, regular sips of water during and after your workout. Please bring your own water bottle, note that a water fountain is available in the centre.

It's All About You

Work out at a level that you're comfortable with, just try to push yourself so that you get the most out of your session. Take an active recovery when you need to, just keep your feet moving.

If you require medical attention, please use the emergency help button in the studio.

If you're still unsure contact a member of staff and remember to always work to a comfortable level.