CORONAVIRUS RULES

Welcome back! If we follow these precautions together, everyone can exercise safely and responsible!

- **When entering the SSC**, you are obliged to use the desinfectant gel/soap.
- **Be on time for your class/reservation.** Once a class/reservation has started you can not enter anymore.
- **Use of your own towel is mandatory.**
- **Keep at least 1,5 meter distance with each other when possible.**
- **Physical contact is prohibited at all times.**
- **Clean and desinfect equipment before and after use.**
- **It is not possible to use our changing rooms, showers, lockers and sauna.**
- **Also keep sufficient distance to others when entering and leaving.**
- **Payment only possible by pin.**
- **Follow the instructions of our professionals at all times.**
- **Make your reservation online via our website.**
- **Always bring clean indoor shoes.**

Scan the QR-code for more info!