



Hand in Hand – Update December 2020 together we create a smooth gym atmosphere

Masks are required in all rooms from the age of 12. Please respect the current hygiene instructions and recommendations of the FOPH and keep a distance of 1.5m at all times.

Check in with the chip at the counter before each training session

No entry with flu-like illness symptoms

Keep your training time efficient, maximum 60 minutes

Train - if possible - also outside the busy times

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A maximum of 26 people are now allowed on the training area at the same time

In group classes, a maximum of 5 people including the trainer are now allowed

A maximum of 4 people are now allowed on the MILON circuit

A maximum of 4 people are allowed in the changing rooms at the same time. Use the spinning areas with appropriate spacing.

You can use the showers as we have partition walls

To avoid bottlenecks, we recommend that you change and shower at home

Opening hours generally for members until further notice from 06am – 7pm

The gym will be closed on Sundays and public holidays until further notice

Supervised hours, sales and supervision :

From 27 December 2020 from 8am – 1pm

From 4 January 2021

- Monday - Friday from 8am – 12pm / 3 – 7pm
- Saturdays from 9am – 12pm

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Thank you very much - your heartcheck team