

Hand in hand -
together we create a smooth gym atmosphere

SOME IMPORTANT OBLIGATIONS

Check in with the chip before each training and check out again after the training!

In addition, the current hygiene instructions and recommendations of the BAG apply.

No access with flu-like symptoms – that goes without saying.

A face mask is not recommended during training, unless the 2 metre distance cannot be maintained.

No entry behind the counter.

TRAINING

Please Keep your training time efficient, maximum 60 minutes.

If possible, train outside of peak hours.

Recommendation: 05:00-08:00, 11:00-16:00 and 20:00-21:45

MILON: One machine between two people must be left empty in order to maintain 2m distance.

Group courses – see separate Flyer – all classes are broadcasted on ZOOM !

GENERAL

- Please note the adjusted times. However, we will try to adapt according to support the need flexibly at any time.
- Personal trainings in agreement with the trainer can also be booked outside of supervised hours.
- Gardrobe and showers can still be used as we have walls inbetween. Please keep your distance and use the boxes with the appropriate spacing.
- We recommend that you change and shower at home if possible.
- Unfortunately, we are currently not allowed to provide cups for water. We sell fresh Evian, Cucumber- and MangoWater.