

## STUDIO ETIQUETTE / BEHAVIOUR

(as of March 2024)

### NEW WITH NANEA?

Our studio is open for everyone. You are welcome if you are open-minded!

Please inform Nanea about any injuries, physical restrictions or pregnancy. Nanea requires a healthy physical condition for all lessons and courses.

New customers must complete a health questionnaire. You can download it from the website or fill it in at the studio.

### THE STUDIO

The studio is located in a residential building. Please respect the neighborhood and keep quiet in the stairway.

Two visitor parking spaces are available directly in front of the studio. Public parking in the neighbourhood. Please do not park opposite the studio at Vietta Provizel 1 (Chesa Primula) and do not use other private parking spaces!

Nanea has a changing room, lavatory and shower. You are welcome to change here or come to the studio already in training clothes.

We are all here to enjoy our training and feel better afterwards. That's why we treat each other with care and respect.

### BEFORE THE LESSON

Please sign up for each lesson. You can do this online in our booking system. If a lesson should be cancelled, it is important that you are logged in so that we can notify you.

Please arrive at the studio 5-10 minutes earlier to get yourself in the mood for the lesson. If you are late, please do not disturb the group.

If necessary, cancel a booked lesson in good time – out of respect for the course management. Please refer to the «Cancellation Policy» in our General Terms and Conditions (AGB).

Ideally you should not eat anything big until about two hours before the lesson. If you do need a little energy boost, bananas and nuts are suitable.

### AT THE STUDIO

The course room may not be entered with shoes. Mobile phones should be switched off or switched to silent. Always drink enough water after the training.

*thank  
you*