



Cycle Studio Guidance

- Only enter the Cycle Studio if you are booked onto the class. If you are not booked onto the class, please speak to the instructor and ask if there is a bike available for you to use.
- Do not enter once a class has started. It is important to ensure that you include a warm up and a cool down to prevent injury.
- Choose the bike that you would like to use and allow other members to do the same. Do not reserve bikes for other people with towels, clothing or blue roll.
- Keep mobile phones on silent mode.
- If you need to answer a phone call, please make the instructor aware and leave the room.
- Please listen to class instructions and allow other members to do the same.
- Please bring a towel and remember to wipe your bike down at the end of your workout.