

Guide For Newcomer Mummies

1. Please be punctual as class will commence on time.
2. Shoes can be worn into the studio as it is a cardio workout - you'd need your shoes on for the exercises.
3. Booking is required for the class - please do not come without any bookings.
4. Booking/s will only be considered after payment for class is made.
5. Things to bring: water bottle, towel, yoga mat (optional - as there will be some floor exercises), and a change of clothes to wear after class (optional).
6. There will be a changing curtain in the studio and a simple toilet, but shower facilities are not available.
7. Try not to come after a heavy meal as it may cause indigestion.
8. Hydrate yourself with ample amounts of water before and after class.
9. Dress in appropriate attire; wear comfy sports wear and shoes. Try not to wear/layer too much clothing as it may cause overheating during exercise.
10. Have a good rest the night before class so you can come fresh and get a great workout!