



ATTENDING A TRIAL CLASS AT BODY & MIND FITNESS

Thank you for your interest in our classes. Please read through the info graphic below in order to prepare for your class with us. If have any additional questions, please contact us info@bodymindfitness.co.za/ 074 356 9907

OUR TRIAL CLASSES



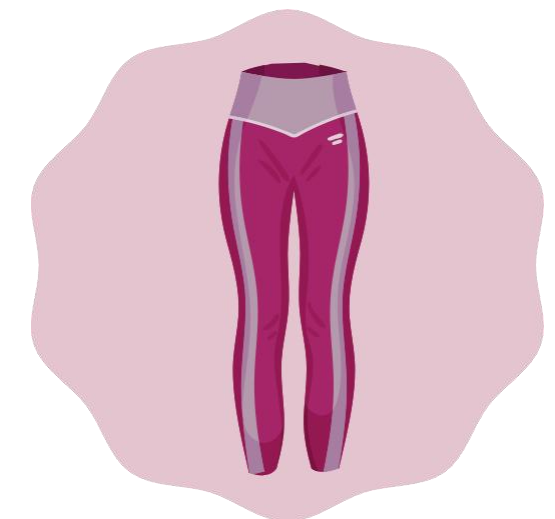
Most of our classes can be attended as a trial class. Our classes are 45 minutes long. We cap trials to 2 ladies per class. For groups of 3 or more we recommend one of our ladies nights or a private group class can be arranged. Booking is essential as space is limited.

WHAT TO WEAR



Pole Dance Class:

Tight fitting tank top/ t-shirt and shorts. No shoes. Please ensure that you don't apply lotion before class as it will make you slip on the pole



Aerial Yoga:

Tight fitting top, leggings, no shoes (yoga socks recommended). For those with sensitive skin t-shirts are recommended.

Fitness class:

Anything comfortable, takkies.

HOW TO FIND US

191 Corobay Avenue

Paragon Centre Shop 5

Waterkloof Glen

Pretoria



BOOKING A TRIAL

The cost of a trial class is **R180** and payment needs to be made in advance to secure your booking

All Class bookings must be made through the Oktiv app.

All classes have a 3 student minimum and a 3 hour cancellation period.

ON THE DAY/ WHAT TO BRING

Please arrive at least 10 minutes early as our classes start promptly.

Please bring:

- a sweat towel
- water bottle.



WHO CAN ATTEND A TRIAL CLASS

Ladies ages 16+

There is no minimum fitness requirement to join our fitness classes however, persons over **120kg** are advised to book a private class first

Please do let us know if you have **any injuries or health conditions.**

