

Guidelines in studiFIT Lührmann and in studiFIT VSP

- If you are a part of the risk group or you have symptoms of illness, stay at home
- Disinfect your hands at the entrance before entering the studio
- Before entering the studio, change your shoes in the anteroom (entrance area)
- ➔ Admission is via the turnstile with fingerscan, show the trainer your booking ticket (digital/print) and student ID / employee ID if this does not work
- Note the walking directions (markings on the ground)
- Bring your own water bottle
- Use the devices only with your own training gloves
- Always put your own towel (in the appropriate size) underneath
- Clean / disinfect the contact surfaces independently after using the training equipment
- Do not train on closed down equipment, in the free barbell area and on the wall bars
- Do not open or close windows, this is done exclusively by our trainers
- Keep at least 1.5m distance from other people
- A maximum of 1 person can be in the marked sectors
- No rental of equipment (foam rolls, Thera - bands, sling trainers etc.)
- Cough / sneeze in the crook of your arm and refrain from shaking hands and body contact
- Avoid high-intensity training
- Instructions from the staff must be followed, violations lead to the exclusion of the course
- Wearing a mask is recommended (a mask is required for the trainer for the communication)