

**PILATES – RULES (SUMMARY)**

Exclusive access for members and dependents.

Reservations can be made via the app or front desk, up to 24 hours in advance (minimum of 5 minutes before class).

Cancellations must be made at least 6 hours in advance; failure to attend may result in booking suspension.

Arrive 5 minutes early; a maximum delay of 5 minutes is tolerated.

Maximum capacity: 16 participants per class.

A personal towel is required; classes are practiced barefoot.

You may bring your own mat, water bottle, and towel.

Clean all equipment after use.

Respectful behavior is mandatory; cell phone use during class is prohibited.

Inform the instructor of any medical conditions before class; stop immediately if you feel pain.

A minimum frequency of two sessions per week is recommended.

Failure to comply may result in a warning or suspension.

The Club may organize workshops and special events.

Failure to comply with these rules may result in sanctions as stated in the Club's internal regulations.