

課程預約

劃位

- 所有課程採劃位制，開課一小時前開放貴賓臨櫃劃位，惟*特定課程二小時前開放劃位。劃位時間至上課前10分鐘截止，限本人報名，不得代為報名。（開課時間依綠洲健身中心現場時間為準）
- 開課前20分鐘開放進入教室，完成劃位之貴賓可依劃位入座。
- 開課前5分鐘未進入教室者視同放棄，將開放候補貴賓遞補。
- 課程開始後即無法進入教室，以免影響其他賓客權益。

候補

- 開課前10分鐘截止劃位，若有貴賓取消，則依序遞補。
- 於開課前5分鐘通知候補成功之貴賓。

取消

- 當日已劃位之貴賓，若臨時無法參加課程需至櫃台取消，以利櫃台釋出名額或安排遞補貴賓。

注意事項

- 為維持上課品質，請勿將手提袋、手機等私人物品帶入教室。
- 教室內及走廊請保持肅靜。
- 為維護個人隱私及智慧財產權，課程中請勿拍照及錄影。
- 綠洲健身中心提供專業舒適的瑜珈墊，無須另行準備。
- 上課前1-2小時請避免進食，上課期間請務必補充水份。
- 若身體有任何疾病、舊傷或身體不適，請務必於上課前告知老師。
- 為了練習需要的專注與完整性，課程中請勿任意離開教室。

CLASS RESERVATION

Sign up

- Guests must pre-register for all classes 1 hour in advance in person ; for specified classes 2 hour in advance. Walk-in spots are not available. Registration ends 10 minutes before class starts.
- Guests will be allowed to enter 20 minutes prior to the class starts. All guests will be assigned to a dedicated spot according to the registration chart.
- Due to limited availability, please be mindful to arrive at the classroom 5 minutes before class, or the spot will be released to waitlisted guests.
- Late arrival may result in being refused entry to avoid interference.

Waiting list

- Registration ends 10 minutes before the class starts. Should anyone cancel, the spot will be released to waitlisted guests.
- If a spot opens up, waitlisted guests will be notified via SMS 5 minutes before class starts.

Cancellation

- As classes are limited, please be mindful of others if you cannot attend. Please cancel your booking at the front counter.

NOTICE

- Please do not bring your personal belongings including handbags and cell phones into the classroom.
- Please remain silent in the corridor and aerobics room.
- Please do not take photos or videos during class.
- A yoga mat will be provided; you are not required to bring your own mat.
- Practice on an empty stomach. Avoid eating one to two hours before class. Stay hydrated by drinking water both before and after class.
- Please inform the instructor about any injuries in advance.
- Please do not leave the classroom during the class.