

HOUSE RULES



RESPECT

In Spitfire Gym, everyone should feel respected and at home. Please greet your fellow gym-goers and always be considerate of them.



SAFETY AND HYGIENE

Please disinfect your hands before entering the gym. Always pay attention to your hygiene and avoid the gym if you suspect you may be ill.



FOOTWEAR MANDATORY

Outside of the mat areas, it is strictly forbidden to go barefoot or to wear wrestling or boxing shoes. Please also pay attention to the signs in the individual areas.



FREE TRAINING

Allowed: sandbag training and fitness training. Partner exercises are only allowed under the supervision of a Spitfire coach. Exception: professional athletes only by arrangement.



ENTRY

Always carry your access card/wristband with you. Bypassing the turnstile is strictly prohibited.



DRESS CODE

Your upper body must be covered at all times. Exception: professionals during training.



VIOLATION OF RULES

Our house rules are as serious as your training. In case of violation, you may be temporarily banned from the gym.



STAFF

The front desk staff and coaches are the pillars of Spitfire Gym. Always follow their instructions.



English?
Русский?
Mehr Infos?

MAT AREA RULES

DISINFECT HANDS AND FEET BEFORE ENTERING!



MAT

It is forbidden to enter the mat area of a class. Please only use the white path.



SPORTS BAG

Avoid bringing your sports bag onto the mat. You can leave your equipment loose or in a bag on the white path/catwalk.



LATENESS

If you are late, please contact the coach and politely ask for permission to join, rather than entering the mat without asking. The coach may deny entry at any time.



FREE TRAINING

Partner exercises outside of classes are prohibited. Allowed are: sandbag or fitness training. Exception: Professional athletes by arrangement



FOOD/DRINKS

Prohibited on the mat: glass bottles, cans, cups, mugs, and the consumption of food.



German?
Русский?

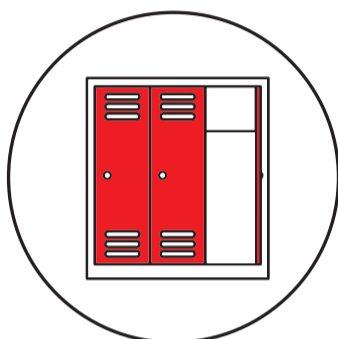
More Information?

CHANGING ROOM RULES



HYGIENE

Please use flip-flops for your stay in the changing rooms, even if you are wearing wrestling/boxing shoes.



ORDER

Keep the changing rooms clean and tidy at all times. Please do not leave any trash behind.



CHECK OUT

If your locker is locked, you will be denied checkout at the turnstile.



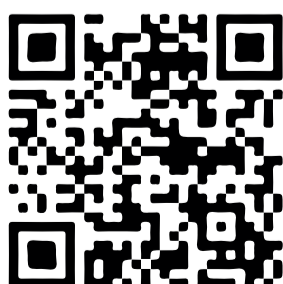
LIABILITY

We assume no liability for valuables. Please use the lockers provided for valuables.



PRIVACY

Please always respect the privacy of others and do not photograph them without their permission, even if they are only in the background.



German?

Русский?

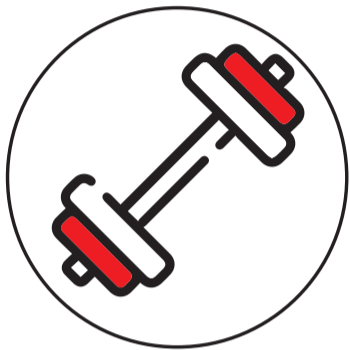
More Information?

FITNESS AREA RULES



ACCESS

From 16 years old.



ORDER

Please return used weights and objects to the designated place.



HYGIENE

Always use a towel as a base when using equipment. Disinfect all surfaces that you have come into contact with.



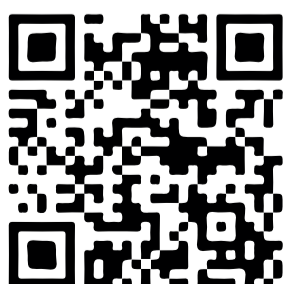
SHOES

Wear only closed and sturdy footwear. Flip-flops, wrestling and boxing shoes are prohibited.



DURATION

Please do not occupy the equipment for longer than necessary.



German?

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More Information?

PRAYER ROOM RULES



ACCESS

Everyone is welcome here.



DRESS CODE

Socks must be worn. Please do not walk barefoot and put your shoes in the shoe rack.



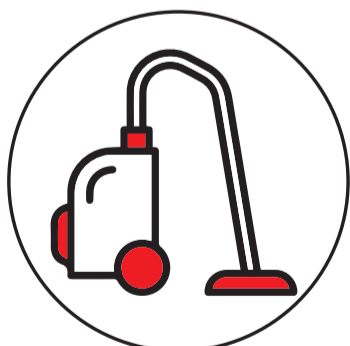
HYGIENE

Please enter this room only in clean clothing. If you have just worked out, please shower beforehand.



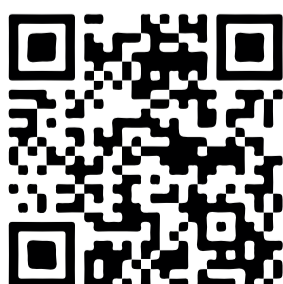
VOLUME

Please keep your prayers at an appropriate volume.



CLEANLINESS

Please keep the prayer room clean at all times. Use the vacuum cleaner if necessary.



German?

Русский?

More Information?

18+

RECOVERY



HYGIENE

It is forbidden to use the recovery area in a sweaty condition. Please shower thoroughly beforehand. You can use the shower in the recovery area for this purpose.



NOISE LEVEL

Whispers are required in the recovery area. Avoid loud conversations.



TOWEL REQUIREMENT

Always use a towel as a base. Both in the sauna and on the loungers.



DRESS CODE

You are free to be clothed in the sauna. However, please observe the towel requirement.



AROMATHERAPY

Aromatherapy sessions in the sauna are automated. It is strictly forbidden to use your own aromatherapy liquids.

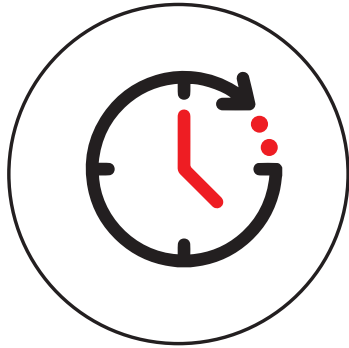


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More Information?

WET AREA RULES



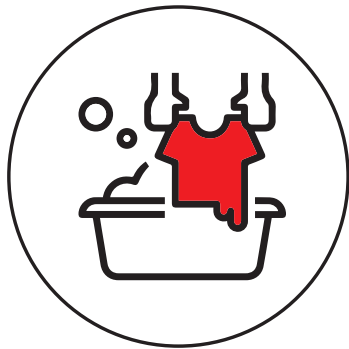
SHOWER DURATION

Please keep your shower time to a minimum.



HYGIENE

Flip-flops must be worn in the entire shower area.



CLOTHING

Washing of clothing is prohibited.



SHAVING

Body shaving of any kind is prohibited!