



Members

- **All members must fob in individually on entry (whether you are on your own or with a group)**
- **Make sure the door is closed behind you upon entry/exit**

Non Members

- **No access to non members between 9pm-9am (outside of staffed hours)**
- **To sign up head to our wesbite -**
www.pegasusgym.co.uk

Follow online instructions and purchase your membership

- **To collect a key fob, please see one of our team during manned hours.**



INFORMATION

Manned Gym Hours

Mon-Fri 9am-9pm

Sat - 10am-5pm

Sun - 10am-5pm

Bank Holidays - 10am-5pm

Email- info@pegasusgym.co.uk

Members only gym. Please purchase a day pass on our website first **BEFORE** entry. Non member entries will be reported as trespassing - if not in possession of a day pass. There is 24 hour security monitoring at this facility.

We do not offer free passes



Gym Floor Rules/Etiquette

- **Rerack your weights after use**
- **Put your plates away**
- **Tidy away all equipment you use**
- **Wipe down seats/benches after use**
- **Don't group around machinery**
- **Please be mindful of other people waiting to use equipment**
- **Put clothes/bags in the shelving provided**
- **If you can't control your weights, don't pick them up. (No Dropping Machine or Free Weights)**
- **Please be mindful of personal hygiene**



Balcony Rules/Etiquette

- **Take your dumb bells back to the racks**
- **Tidy away all equipment you use**
- **Wipe down seats/benches after use**
- **Don't group around machinery**
- **Put clothes/bags in the shelving provided**
- **Please be mindful of personal hygiene**



Combat Floor Rules/Etiquette

- **No Outdoor shoes to be worn on the mats**
- **No sparring outside of staffed hours/without a consenting Pegasus Coach present =**
INSTANT BAN
- **Place all Bags/Shoes on the racks**
- **Keep the carpeted walk way clear**
- **Put your pads and gloves away**
- **No Food or Drink on the mats**
- **Please be mindful of personal hygiene**



Sauna Area Rules/Etiquette

- No Outdoor shoes to be worn on the mats
- Shower before **sauna/icebath** use
- **20 minutes** max sauna time
- **2 minutes** max ice bath time
- Please sign disclaimer at reception before **Ice Bath** use
- **15 minute** break between using the sauna and ice bath
- No Bluetooth speakers in this area
- Max 6 people in the sauna at any one time.
- Keep area tidy
- Please be mindful of personal hygiene

Sauna and **Ice Bath** Operational Times -

6am-9pm (Monday to Friday)

10am-5pm (Saturday/Sunday/Bank Holidays)