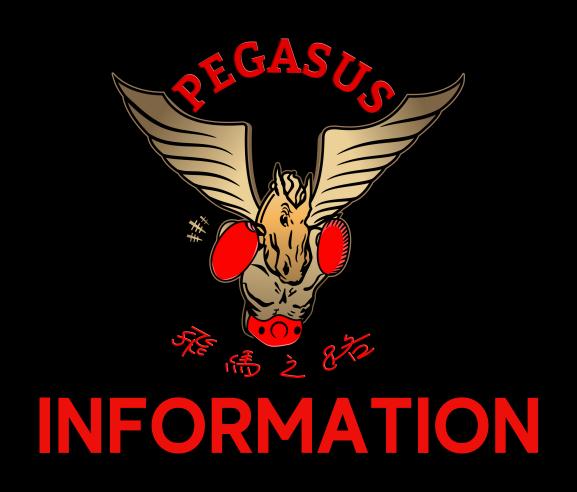


- All members must fob in individually on entry (whether you are on your own or with a group
- Make sure the door is closed behind you upon entry/exit

## 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.



Manned Gym Hours

Mon-Fri 9am-9pm

**Sat - 10am-5pm** 

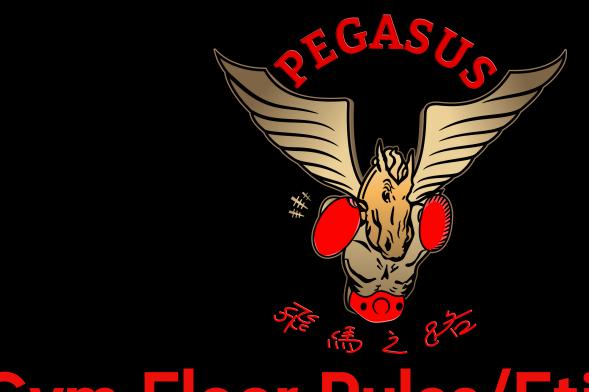
Sun - 10am-5pm

Bank Holidays - 10am-5pm

Email- info@pegasusgym.co.uk

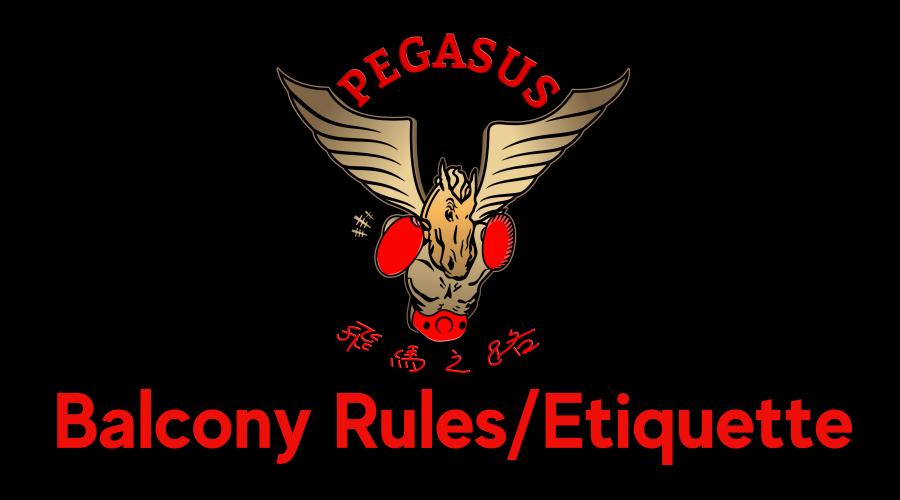
Members only gym. Please purchase a day pass on our website first BEFORE entry. Non member entries will be reported as trespassing - if not in possession of a day pass. There is 24 hour security monitoring at this facility.

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



- 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 lce 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)