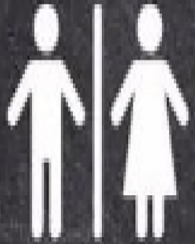


**1. Please make sure
you have clean feet
before stepping on the
mats.**



**5. Bring a water
bottle and towel.**



**2. No bare feet in
the bathrooms.**

**6. Do not train with
open wounds .
Keep them covered.**



**If you are not feeling well,
please stay home.**

**3. No outdoor shoes
permitted on the
blue mats.**



**4. Keep your finger and
toe nails groomed.**



**7. Wash your Gis
and disinfect your
gear after
each & every use.**