STUDIOFINDER — GUIDE

Studio Etiquette: Unwritten Rules for Boutique Fitness Classes

Arrive early, silence your phone, respect other students' space, tell the teacher about injuries, and follow the studio's booking and cancellation rules.

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Studio etiquette is simple. Be on time, be quiet, give others space and follow the studio's rules. Each studio adds its own rules, so read the website or the welcome email.

Before class

- **Book.** Many studios use online booking. Show up for the class you booked.
- **Check the policy.** Read the late-cancel and no-show rules. Studios may charge a fee or use up a credit if you miss the window. The terms are on the booking page.
- **Arrive early.** Arrive 10 to 15 minutes before a first class. Arrive 5 to 10 minutes before later classes.
- **Check in.** Tell the front desk your name. Say it if you are new.
- **Take off shoes.** Most yoga, Pilates and barre studios ask you to do this at the door.
- **Silence your phone.** Leave it in your bag. Many studios ask for no phones in the room.

In the room

- **Choose a spot and give space.** Leave room between your mat and the next one. Do not move other people's props.
- **Tell the teacher about injuries.** Mention a known injury before class. If you feel new pain during class, stop and tell the teacher at once.
- **Do not walk through another person's space.** Walk around mats and machines.
- **Be quiet.** Do not talk during practice. Whisper if you must.
- **Respect the teacher's instruction.** If a teacher gives a cue, follow it or choose a safer option. You may always skip a move.
- **Do not film.** Ask first. Many studios ban filming of other students.
- **Keep perfume light.** The room is small. Strong scents bother some students.

Hot, aerial and pole classes

- **Hot yoga:** bring a towel and wipe your sweat from the floor if the studio asks. Read our guide on hot yoga safety.
- **Aerial:** do not touch the rig or fabric before the teacher says so. Follow safety instructions exactly.
- **Pole:** wipe the pole after use if the studio asks you to. Do not use lotion.

After class

- **Clean your equipment.** Wipe mats, reformer parts and props. Put them back.
- **Take your things.** Leave the room clear for the next class.
- **Say thank you.** A short word to the teacher helps.
- **Leave a review.** Honest, specific reviews help others choose.

Late arrivals and early exits

If you are late, ask at the desk whether you can enter. Do not interrupt class. If you must leave early, tell the teacher first.

Rest and comfort

Resting is part of class. You may rest in child's pose, lie down or sit out a move. Do not compare yourself with other students.

When things go wrong

If you are unhappy about a class, talk to the studio. Be calm and specific. Name the class, the date and the issue. Most studios want to fix problems.

Frequently asked questions

What happens if I arrive late to a class?

Policy differs by studio. Some studios close the door at the start time. Others let you in for a short time after. Read the studio's late policy before you go.

May I leave a class early?

Yes, if you need to. Tell the teacher before class and set up near the door. Leave quietly.

Do I tip a teacher?

Tipping is not expected in most studios. Customs differ by country. If you want to say thanks, a kind word or a review helps.