STUDIOFINDER — GUIDE

What to Wear and Bring to Your First Class

For a first boutique fitness class, wear fitted, comfortable clothes, bring water and a towel, and check the studio rules for shoes, grip socks and mat rental.

Updated October 27, 2026

Wear fitted, comfortable clothes. Bring water, a small towel and your booking details. Then check the studio website, because each class type has its own rules.

Clothes

Choose clothes that stretch and stay in place when you bend upside down.

- **Tops:** fitted or tucked in. A loose top falls over your face in a forward fold.
- **Bottoms:** leggings or shorts that you can move in. Avoid fabric that is see-through when you stretch.
- **Layers:** bring a light top for the end of class, when you cool down.
- **Underwear and bras:** choose comfortable pieces with no loose straps.

By class type

Yoga and hot yoga. You are barefoot. Bring a mat if you have one. For hot yoga, wear light clothes that dry fast. Bring a large towel and a water bottle. Read our guide on hot yoga safety.

Pilates. Many studios ask for grip socks, especially for reformer classes. The studio may sell them. Wear fitted clothes. The teacher needs to see your hips, spine and shoulders.

Barre. Wear grip socks or go barefoot, as the studio asks. Bring water. You do not need ballet skills.

Aerial silks, lyra and aerial yoga. Wear long, fitted clothing. Long sleeves and leggings protect your skin from the fabric and the hoop. Avoid zips, buttons and rings, because they catch on the fabric. Remove jewellery. Tie back your hair. Ask the studio what to wear before you come.

Hoop dance. Wear fitted clothes you can move in. A loose top can ride up when the hoop turns. Avoid belts, large zips or hard buckles. Most beginner classes lend hoops.

Pole fitness. Bare skin on the pole gives grip. Many students wear shorts and a fitted top. Do not use lotion or oil on the day, because it makes the pole slippery. Read our guide on pole fitness myths.

What to bring

- Water bottle.
- Small towel.

- Your own mat, if you have one and the studio allows it.
- A form of ID, if the studio asks.
- Hair ties.
- A bag for your outdoor shoes and phone.
- A list of injuries or health notes, if you need to tell the teacher.

What to leave at home

- Strong perfume. Many students share a small room.
- Jewellery that can catch, especially for aerial classes.
- A full meal. Eat a light snack one to two hours before, or none, as suits you.

Before you walk in

Book the class online if the studio asks you to. Check the cancellation window. Arrive early, say you are new, and tell the teacher about any injury or pregnancy. Our guide on studio etiquette covers the rest.

Frequently asked questions

Should I buy a mat before my first yoga class?

No. Many studios rent or lend mats. Ask when you book. Buy your own mat after you know you like the class.

Can I wear shoes in a studio?

Usually not. Most yoga, Pilates and barre studios ask you to take off outdoor shoes at the door. Some barre and Pilates studios ask for grip socks.

How early should I arrive?

Arrive 10 to 15 minutes early for a first class. You need time to sign a waiver, find the changing room and talk to the teacher.