



ZES BOUTIQUE STUDIO
Reformer Pilates Fysio Massage

ZES TIP NR 4

4. You can store your belongings in the special ZES lockers (we see in practice that most people already come to the session in sportswear, which saves a lot of time); You can also use the communal dressing room in the hallway where showers and saunas are also available, so that you can continue your "experience" after your session. If you arrive more than 5 minutes after the start of the session, you will not be able to be admitted to the class for safety reasons as you will have largely missed the warm-up that is essential for the start of a Reformer Pilates session.