



DETAILED GUIDE

Entrance

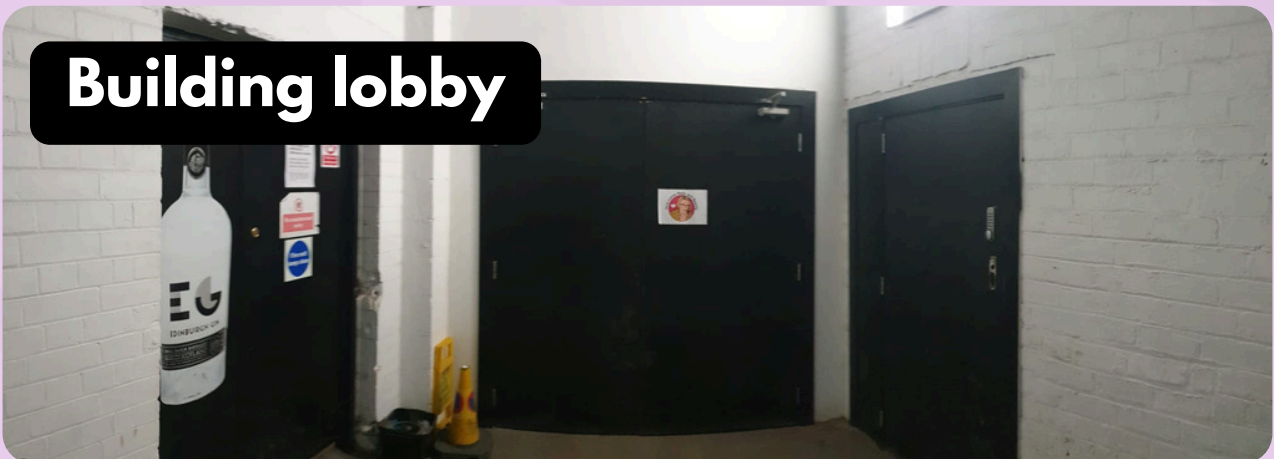


The entrance is the small black door to the Biscuit Factory on Anderson Place. The building is secure, so wait by this entrance for your Instructor to let you in. There is no buzzer to the studio. Make sure that you **are here at least five minutes** before the class to be let in or you may miss your class! There are no late entries.

Wait to be let in through door



Building lobby



The building lobby has three secure doors. You will turn right, through another locked door leading to a staircase. If you are not with an Instructor, you will have to wait here for them to let you through the door.

Turn right through locked door





DETAILED GUIDE

Staircase

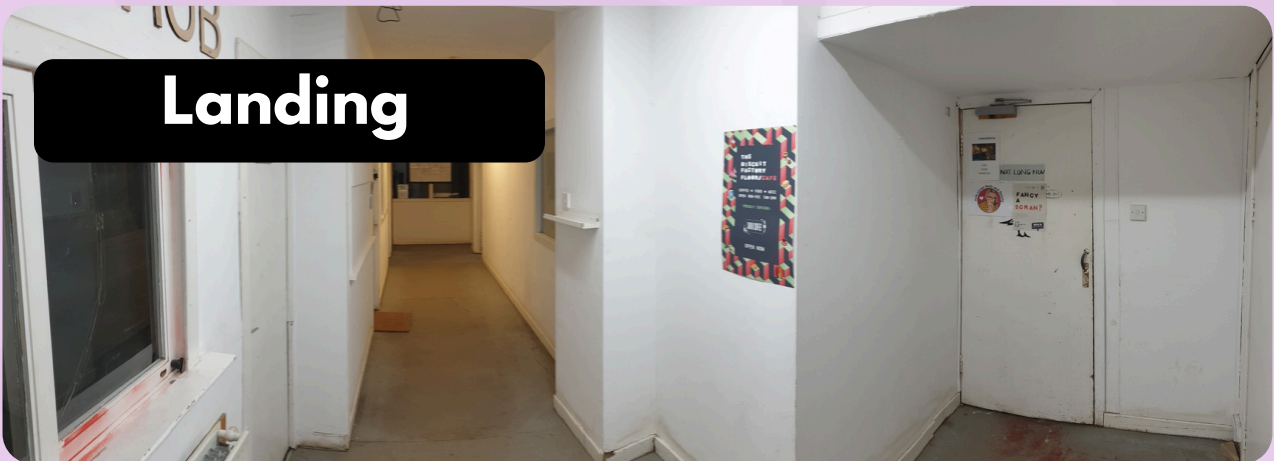


There are two flights of stairs and a landing that lead to the first floor, where the studio is situated. At the top of the stairs you will turn to go through a door into an open area.

Go up the stairs to the first floor



Landing



This landing area is a shared space used by many other businesses. Take an immediate right hand turn and go through the door. This will lead you to a long, narrow corridor.

Turn right and go through door





DETAILED GUIDE

Corridor & Toilets

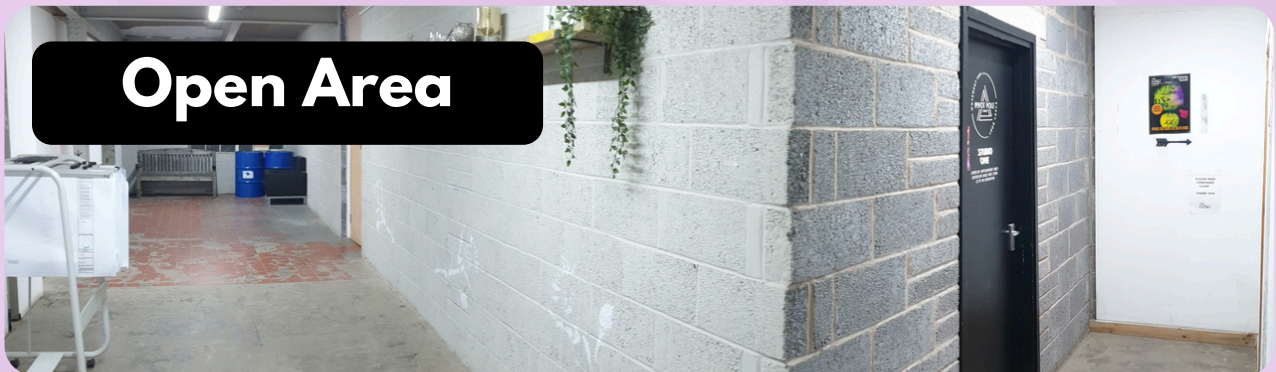


The long hallway is quite narrow, and can be a tight fit to pass people coming to and from the studio. There are two doors to the right leading to gendered washrooms. You are welcome to use whichever feels most comfortable. There is one cubicle in the “womens” bathroom, two along with urinals in the “mens”. There are sanitary products in the womens washroom and available from the studio in the cubby.

Walk to the end of the corridor and through the door



Open Area



At the end of the corridor you will enter another large open area. In front of you and to the left is the entrance to Studio One, where you will also find the shop, changing area, and office. If you are with your Instructor, you can follow them in. If not, check to make sure that a class is not currently running.

Remember to take your shoes off before entering the studio and bring them with you to store in the changing room!

Enter the studio





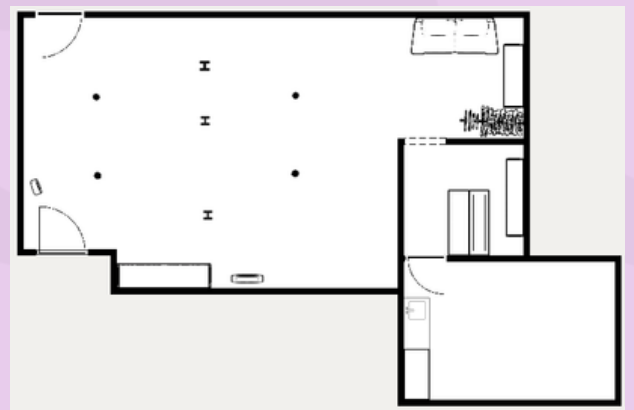
STUDIO ONE



This Studio has four poles arranged in a square, with structural pillars down the centre of the room. The entrance door, a second entrance/exit which leads to a corridor connected to Studio Two, and a doorway near the seating area/store that leads to the changing area and office.

The floor is varnished wood. Two walls are lined with ceiling height mirrors, the remaining walls are painted white, though may be illuminated in various different colours.

At the rear of the studio is a shelving unit with yoga mats, pole cleaner (for use at the end of class), phone holders for photographs, and yoga blocks.



In the corner there are crash mats to use any time you feel they would help during practice. There is a heater and there are also fans in the room, essential during a hot summer workout!



- During classes the lights are usually low, with coloured strip lighting
- There are overhead, bright strip lights that may be on.



- Speakers for music are placed around the edge of the room
- The fans can emit a loud droning sound when running.
- There can be lots of noise from people talking at the start or end of classes.



STUDIO TWO

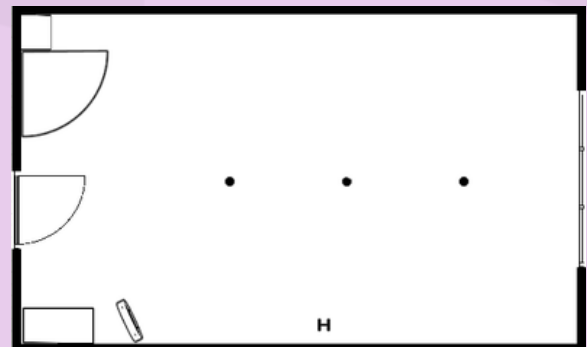
Studio Two



Studio Two is down a corridor from Studio One.

This studio has three poles evenly spaced along the room. The floor is varnished wood. One wall is a floor to ceiling mirror. There is one door, and a window at the opposite end. It is not possible to see in or out of the window, with screens blocking the view. During the day, there will be natural light coming in through these windows in addition to any in studio lighting.

By the door there are crash mats (to the left as you enter) along with other equipment such as yoga blocks for you to use during practice, along with pole cleaner for the mats and poles at the end of class. To the right of the door as you enter there are yoga mats for the warmup and cool down.



- During classes the lights are usually low, with coloured strip lighting
- There are overhead, bright strip lights that may be on.
- There is a window on the far wall letting in natural light



- During events on the floors above, there may be banging noises/footsteps coming from the ceiling.



CHANGING ROOM & OFFICE

Changing Room



The changing area is a small room with a door leading in from Studio One (by the rest area/shop) and a door opposite leading into the office.

There is a bench in the centre of the room with space underneath for you to store your shoes. Along the left hand wall as you enter is a shelving unit with cubby's for you to store your clothes and belongings during class (though you are welcome to bring your valuables into the class with you if you would prefer!). Remember to to bring anything you need with you - for example, your microfibre cloth, grip, water bottle, or phone (for recording your progress!).



There is a small cubby in the shelving that acts as a hygiene station. Feel free to take a sanitary product or use the items there if you need them. The office past the changing room has a sink that you can use to refill your water bottles (stay hydrated - especially in the summer!).



The changing area can be quite cramped and hectic before and after classes. Do not feel rushed or pressured to get out quickly. You can wait by the sofas, and there is no need to rush once in!



KEY INFORMATION



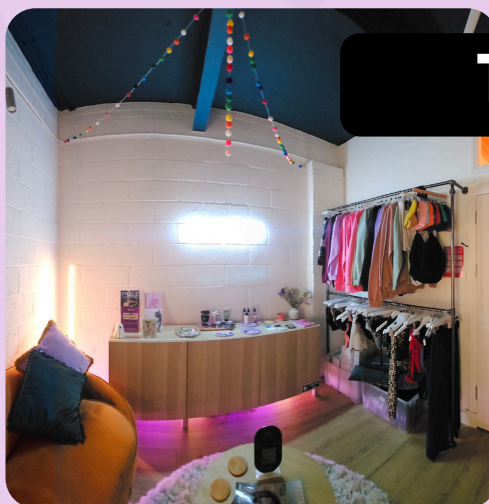
Arrival & Building Access

The Biscuit Factory is a secure building, shared by many businesses. There is no buzzer/keycode for the studio. Regretfully, if you are not at the doors five minutes before the class you will have to miss the class.



Cubby & Sanitary Products

There is a cubby in the shelving unit in the changing room (left hand side as you enter). It contains sanitary products, hair ties, and items for personal hygiene (e.g. deodorant) and spare toilet roll. This is all free to use! Note that the womens bathroom also has sanitary products.



The Shop & Rest Area

In the corner of Studio One, there is a shop and rest area. Feel free to take a break here during the class, or if you've got some time to kill before or after class! The shop has a range of items, and your Instructor can offer you guidance. Items can be purchased on the website (there's a QR code on the wall!).



KEY INFORMATION



Comfort (light, heat, noise!)

There are fans and heaters in both studios. If you're getting uncomfortable, you are welcome to turn these off or on as needed (check in with your fellow students!). If you find any aspect of the space uncomfortable - such as the lighting or music, let your Instructor know and they can change it.



Shoes

When you arrive at class, take your shoes off outside the studio doors. This is to make sure nothing from outside contaminates the floor we'll be dancing on! Take your shoes with you into the changing area and use the storage provided. Please do not leave them at the door outside the studio.



What do I bring?

The most important thing to bring is yourself! But it is helpful if you also bring a water bottle (stay hydrated!), microfibre cloth (to clean your pole and yoga mat), and phone (to record your progress!).



MEET THE TEAM



JESS (SHE / HER)
STUDIO DIRECTOR & INSTRUCTOR
@jessicarosepole



RED (SHE / THEY)
INSTRUCTOR
@redschmed



HELEN (SHE / HER)
INSTRUCTOR
@meeeeemlon



ASHLEIGH (SHE / HER)
INSTRUCTOR
@miss_ashleigh_quinn



MEET THE TEAM



**MIRELA (SHE / HER)
INSTRUCTOR**
@scarlet.nymph



**TRISHA (SHE / HER)
INSTRUCTOR**
@moodypoler



**ANNA (SHE / HER)
INSTRUCTOR**
@chickonapole



**ZOE (SHE / HER)
INSTRUCTOR**
@zoe_danceartist



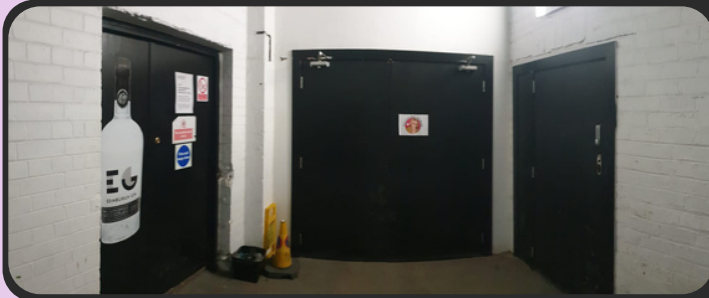
QUICK GUIDE: GETTING



Wait for
Instructor
outside



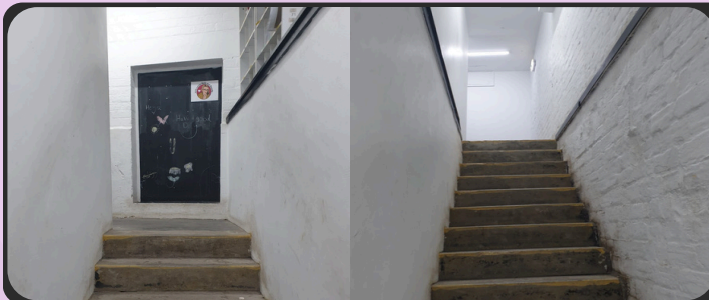
Arrive no later than **five minutes** before your class or you will not be able to enter!



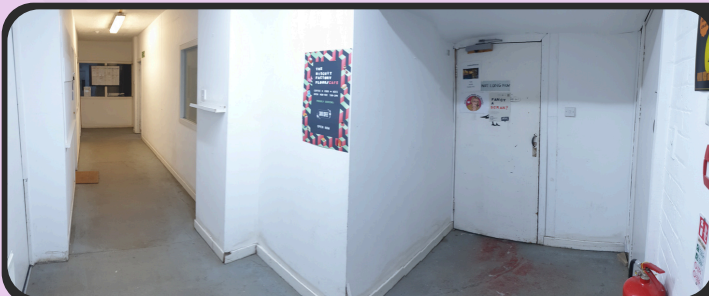
Go through
door on right



The door is key coded. If you have been let into the building, but can't get through, wait for your instructor.



Go up the
stairs and
through the
door



Turn right,
through the
black door



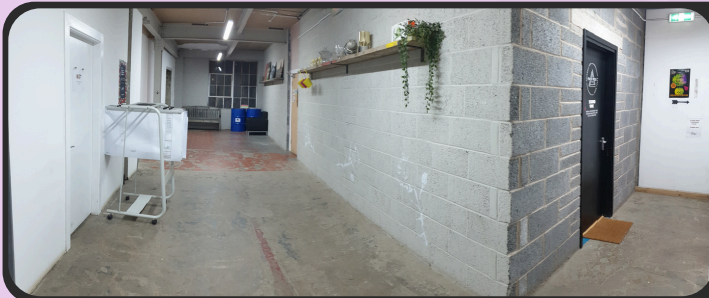
QUICK GUIDE: GETTING IN!



Go along
corridor &
through door



Gendered toilets are on this corridor. Please use whichever feels most comfortable for you.



Go through
the open
area and into
the studio



Please remember to take off your shoes **before** entering into the studio space, and store them in the changing room!



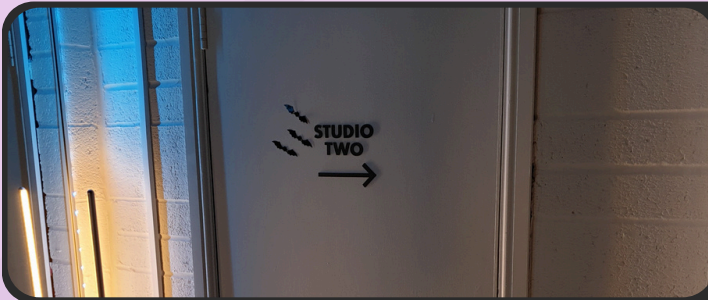
Cross the
studio to the
changing
area



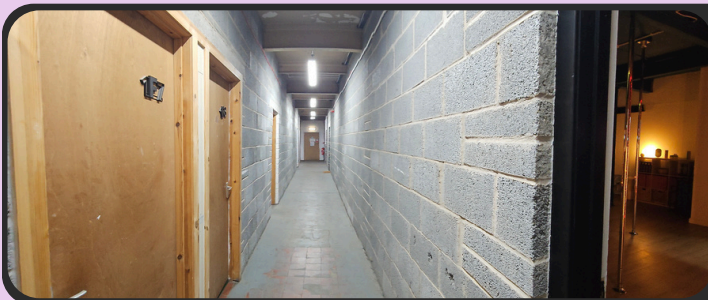
- The changing area has space to leave your shoes and is past the sofas and shop.
- You can leave your belongings in the shelves and shoes under the bench.
- If you need to refill your water, you can use the sink in the office next to the changing room.



QUICK GUIDE: STUDIO 2



Exit Studio 1 through the door opposite the entrance



Turn right along the corridor



Studio 2 is the first door on your right



Please remember not to wear shoes in the studio space!



QUICK GUIDE: GETTING OUT!



Exit studio one through the main exit



Go through the red door to your right



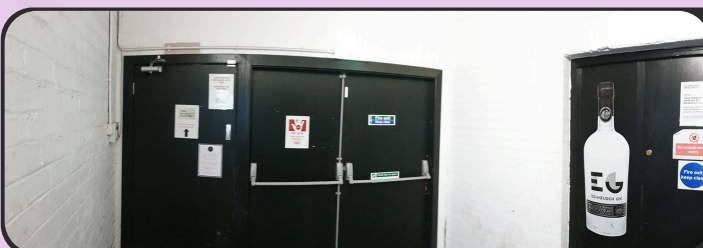
Go along corridor and through door



Turn left through the door marked "fire exit"



Go down the two flights of stairs and the door



Turn left, and exit through the latched door



DO NOT exit through the fire-escape push bar doors. These are alarmed!