Abdul Kalam Pilates · Bengaluru

Studio Policies & Guidelines

Last updated: August 2026

1. Studio Format

Abdul Kalam Pilates operates publicly as Pilates with Abdul. The studio works on a one-client-per-session basis. Only one lesson is conducted at a time, allowing privacy, full use of the apparatus, and the instructor's complete attention throughout the session.

2. Access & Arrival

The studio is located on the second floor of a home in Halasuru, central Bengaluru. Please note the following before your visit:

- Access is by stairs only. There is no lift.
- Dedicated parking is not available. Clients are responsible for making their own parking or transport arrangements.
- If a client chooses to park on the street or in a nearby public area, they do so at their own discretion and are responsible for complying with local parking rules. The studio does not reserve, supervise, manage, or assume responsibility for vehicles parked outside the premises or in nearby public areas.
- Late arrivals are accommodated within the remaining session time. Arriving on time ensures the full 55 minutes can be used.

Full details of the physical setup, including the stair count and access conditions, are available on the FAQ page. Prospective clients should review them before enquiring.

3. Studio Environment

The studio is a private practice space of approximately 1,000 square feet. It has one air conditioner, ceiling fans in all rooms, natural airflow, a seating area near the entrance, and a bathroom with basic amenities.

Packaged drinking water and facial tissues are available. There is no reception staff, separate changing room, shower, or locker facility.

There is no power backup. During a power outage, the air conditioner and fans will not operate.

Power Outages

A session during a power outage will continue only if both the client and instructor are comfortable with the conditions. If either person does not wish to proceed, the session will be treated as a studio-side cancellation. It will not be deducted from the package, and an alternative time will be offered or the package validity adjusted where necessary.

Hygiene

All apparatus and high-contact surfaces are cleaned between sessions. Clients are expected to maintain personal hygiene appropriate for close-proximity movement practice.

4. Personal Belongings

Personal items, including phones, bags, shoes, and outerwear, must be kept in the seating area near the entrance. They are not permitted in the training area during sessions. Clients remain responsible for their belongings.

5. Clothing

Wear comfortable attire that allows a full range of motion. The following apply for safety and equipment protection:

- Sessions may be practised barefoot or with grip (anti-slip) socks. Either is acceptable.
- Clothing with exposed metal zippers, buttons, or hard embellishments must be avoided.
- Footwear is not permitted in the training area.

6. Safety & Equipment

Skin & Grip

To reduce slip risk and protect the apparatus upholstery, do not apply lotions, oils, or creams to hands, arms, legs, or other exposed skin before your session.

Jewelery & Hair

Jewelery is not permitted during lessons. Long hair must be securely tied back before the session begins. These measures reduce the risk of entanglement with springs, straps, and moving components.

Equipment Use

The studio contains specialized Pilates apparatus. All equipment must be used respectfully and only as directed during sessions.

For questions regarding studio access or session preparation:
abdul@pilateswithabdul.com