



Internal Regiment Squad

1. Scope

The provisions of this regulation ("Regulation") apply to all fitness clubs with the name Squad ("Club"), binding all those who attend them, especially their clients ("Members" and their guests), and without prejudice of the special rights and duties provided for in the contracts signed between the Partner and Squad. Strict compliance with the provisions of the Regulations is essential for the healthy coexistence of all Members and for the proper functioning of the Club, for which everyone's collaboration is gratefully acknowledged.

2. Conditions for access to the Club's facilities

2.1. Access to the club is subject to the type of membership and use chosen by the Member.

2.2. Unless otherwise determined by the form of membership subscribed by the Member or if previously authorized in writing by the Squad, Members are not permitted to be accompanied by guests, including third parties to support physical exercise at the Club (the example, personal trainers – with the exception of those duly accredited by the Squad – physiotherapists and the like).

2.3. Access to the Club can only be made within its opening hours, which are posted and can be changed at any time by Squad.

2.4. The entry and presence of plants and animals in the Club is prohibited, with the exception of assistance dogs and/or duly authorized dogs.

2.5. Access to the Club is via scheduling made available to members on the Regybox app. If the Member cannot access the appointment, the presentation of the identification document (with photograph) and proof of membership status will be required and/or the Member will be refused access under the terms set out in the conditions of accession.

2.6. Squad reserves the right to limit access to the Club to one entry per day, unless otherwise stipulated resulting from the type of membership subscribed by the Member under the terms set out in the membership conditions.

2.7. The conditions applicable to guests are set out in the membership conditions.

3. Aptitude for physical exercise

3.1. It is up to Members to ensure, prior to each use of the Club's facilities, equipment or services, that there are no contraindications to the practice of physical and sporting activity, and must obtain prior advice from their attending physician.

3.2. If you feel unwell, you should not start exercising. If you feel unwell while performing physical exercises, you must

stop immediately and request assistance from a Squad employee.

4. Behavior and Attire

4.1. Members must conduct themselves in a calm and urban manner within the Club, so as not to disturb or impede the normal use of it by third parties, and must be appropriately dressed when circulating in common areas.

4.2. The use of any insulting, defamatory or aggressive language when dealing with anyone at the Club is expressly prohibited.

4.3. Smoking (including electronic cigarettes) and consumption of alcoholic beverages are prohibited in the Club.

4.4. It is prohibited to use the tables available in the club for any type of meal. It is only possible to have small and quick snacks within Squad's facilities.

4.5. It is not permitted to exercise in sneakers/sneakers or any other type of footwear that is dirty or brought from the street.

4.6. The use of cell phones is permitted in the Club's Exercise Room, as long as its use does not interfere with its regular operation.

4.7. The use of the Exercise Zones must be carried out with the appropriate equipment: polo shirt, top, t-shirt or shirt, shorts or sweatpants and sneakers/sneakers.

4.8. Training or classes without the appropriate training clothing described in

4.7. If the member is not properly equipped, Squad reserves the right to invite the member to end training for that day.

4.9. It is mandatory that members are accompanied by towels when using equipment and materials in the Exercise Zones as well as in Group Classes, for hygiene reasons.

4.10. Members are responsible for replacing material used in Exercise Zones at their respective storage locations.

4.11. No filming, photography or sound capture is permitted in the Club, without prior authorization from Squad, in order to protect the privacy of Members. Failure to comply with the provisions of this clause will result in the request for disposal of the recorded material and the abandonment of the Club by those responsible for recording it.

5. Use of the Exercise Room

5.1. The Leisure people must follow the instructions of Squad employees and obtain guidance from them before using any Club equipment, whenever they are unaware of its operation, unless they are accompanied by a personal trainer duly accredited by Squad.

5.2. The person responsible for the Exercise Room may ask any Member to leave it, when their behavior is likely to put the normal functioning of the Exercise Room at risk.

5.3. During the rest period between repetitions on a given piece of equipment, and at the end of its use, Members must leave it free, so that it can be used by third parties.

5.4. The Exercise Room closes thirty minutes before the Club closing time.

5.5. Squad is not responsible for the Member's misuse of any equipment or material available in the Exercise Room.

6. Use of the Studio

6.1. Studio is defined as the place where physical exercise activities take place, and these places include the following zones: maintenance, cardiofitness, resistance, bodybuilding, combat, functional training, sprint and relaxation.

6.2. In order not to compromise the normal functioning of classes or other activities in Classrooms, Members may be prohibited from entering when they wish to do so more than 5 minutes late in relation to the respective start time.

6.3. In order not to compromise the normal functioning of the Studio and other activities, it is prohibited to take bags or suitcases to the areas mentioned in 6.1. Members must leave their belongings in the lockers on the lower floor.

6.4. Squad reserves the right to change class maps at any time without prior notice. The changes include the number of weekly classes, class times and class durations. Squad reserves the right to change the class instructor at any time without prior notice.

6.5. The person responsible for the Classroom may restrict the number of participants, if there is excess participation for a particular class or equivalent activity, and must do so on a first-come, first-served basis.

6.6. The person responsible for the Classroom may ask any Member to leave the Classroom, when their behavior is likely to put the normal functioning of the Classroom at risk, after the end of a class or in the thirty minutes before the Club closes.

6.7. Squad reserves the right to establish a password system for certain classes, in which case they must be collected in advance at the Club reception. In this situation, participation in classes is subject to presentation of the password, in case of failure of the regybox system.

6.8. All class bookings must comply with the following rules:

a) Classes can only be scheduled 72 hours in advance of the start of the class.

a1. – 1 class left – starts 24 hours in advance;

b) It is necessary to cancel your class, if you are unable to attend, having 1:30 to do so before the start of the class.

6.9. Squad is not responsible for the Member's misuse of any equipment or material available at the Gym.

7. Use of Changing Rooms

7.1. The areas in the changing rooms are intended to be used by Members under the terms defined in the membership conditions, and Squad does not assume any responsibility for the safekeeping of the goods placed there, including in the event of loss, theft or theft.

7.2. Lockers for daily use in the external area will be emptied daily, for security reasons, by a Club employee, after the

facilities close, applying the provisions of item 11 of the Regulations.

7.3. For health and hygiene reasons, Members must refrain from:

- (i) take to or store food, drink and glass containers in the Bathhouses;
- (ii) shaving and/or waxing.

7.4. Squad does not provide hygiene products or towels to its Members. However, there may be a vending machine selling hygiene products and towels (among others) at the Club, without Squad assuming any obligation regarding its operation, nor regarding the existence or maintenance of minimum stock levels.

8. Minors

8.1. Use of the Club is prohibited for children under 14 years of age, without prior authorization.

8.2. There are no specific facilities or activities at the Club, on a regular basis, for children.

9. Personal Training

Personal training can only be carried out by individuals duly accredited by Squad, whose identification is posted in a visible place in the Club.

10. Prohibition of access and stay at the Club

10.1. Squad reserves the right to prohibit Members from accessing the Club or promote their departure from it, whenever:

- (i) Have amounts owed to Squad;

(i) Their behavior is likely to disrupt the normal functioning of the Club, particularly due to a lack of decorum, civility or compliance with instructions given by Squad representatives, workers or collaborators;

(iii) Do not wear appropriate clothing for the Exercise Room, Classrooms or for circulation in the Club's common areas;

(iv) Your behavior puts the safety of people present at the Club at risk;

(v) Your behavior violates the Club's hygiene rules;

(vi) A Member appears noticeably intoxicated, under the influence of narcotics or psychologically incapacitated;

(vii) Violate, in general, the provisions of the Regulation.

11. Lost and Found

Any goods left at the Club and found by an employee or member and delivered to reception will be kept at the Club for a period of 14 days. Once this period has elapsed, without the goods being claimed, the Club's obligation to store the goods ceases, and the Club may dispose of them as it sees fit without the owner being able to claim or demand any compensation or compensation.

12. Clarifications/Complaints

For any clarifications and/or complaints related to the Regulations, please contact our services via email geral@squadporto.com.

13. Term and Changes

13.1. The provisions of the Regulations come into force on the day following their posting at the Club, remaining in force for an indefinite period.

13.2. Squad reserves the right to change, at any time and without prior notice, the Regulation, with the changes taking effect from the day following the posting of the new

Club Regulations, which is why it is recommended that you read them regularly.

Porto, October 10, 2023

The Technical Director

(Sidon Dias)