

# FIERCE FUSION

## Attire

### FOOTWEAR

\*BRING running sneakers for warm ups  
Generally this class will be barefoot

### CLOTHING ATTIRE

- Loose or fitted clothing
  - Leggings, Track pants, gi pants are also allowed
- NO JEANS/SKIRTS/DRESSES OR UNSTRETCHED PANTS**

### HAIR + ACCESSORIES

\*Hair MUST be kept off the face and tied back at all times for safety!  
**ABSOLUTLEY NO JEWELLERY: Dangling earrings. Rings, necklaces, bracelets**

### MOST IMPORTANT

**NO LONG FINGERNAILS!!!!**

*If needing nails for special occasions you must have them taped for safety!*