

### Iso Fit (Hong Kong) Mentorship programme –Summary (Effective for students of courses starting after 1st Apr 2026)

<u>Activity</u>	<u>Details</u>	Fees-Starting in Apr 2026
Private/Semi-Private tuition	Comprehensive) students may take private or semi-private sessions at Iso Fit, as a normal client. Restrictions regarding time slots apply.	<u>Private:30% off Single session price</u> <u>Semi-private: 30% off Single session price</u> <u>Instructor and Senior instructor as chosen )</u>
Mat Classes	Mat and comprehensive students may join regular mat classes as a normal client. Priority for spaces given to full paying clients.	50% off Single session price
Reformer Classes	Reformer, and comprehensive students may join regular Reformer classes as a normal client. Priority for spaces given to full paying clients.	50% off Single session price
Observation of the conducting of Rehabilitation, Studio, Mat or Reformer sessions	Students may observe teachers in Iso Fit teaching clients-private, semi-private, mat and reformer. Mat students may observe Mat, Reformer students observe Reformer Observation sessions must be coordinated with the studio manager.	**See Unsupervised Mentorship package below
Observation of the conducting of Rehabilitation, Studio, Mat or Reformer sessions	Students may also watch Polestar produced Online content in their own location and sign themselves off for each hour as observation.	**See Unsupervised Mentorship package below
Self-Mastery Sessions-self conducted training.	Students may utilize Iso Fit studio (space and equipment) for practice sessions. All sessions must be coordinated with the studio manager.	**See Unsupervised Mentorship package below
Teaching practice sessions	Students may utilize Iso Fit studio (space and equipment) for teacher practice sessions. All practice clients are arranged by student and must sign the Iso Fit waiver form BEFORE the start of sessions. All sessions must be coordinated with the studio manager.	**See Unsupervised Mentorship package below
Assistant teaching experience	Students after completing all the core modules of their course, may apply to assist teachers of semi-private, mat and reformer clients –as applicable. All sessions must be coordinated with studio manager and teacher concerned	**See Unsupervised Mentorship package below
Group study sessions-unsupervised	Students may form study groups to review sections of the course material in discussion and/or practice in Iso Fitt studio. All sessions must be coordinated with the studio manager.	**See Unsupervised Mentorship package below
Group study sessions and self-mastery check-off-supervised.	These sessions are conducted under the supervision of an authorized Polestar educator or mentor in a private or group session format. All sessions must be coordinated with studio manager and teacher concerned	<u>See fee table below*</u>
Review/Exam workshops	These sessions are conducted by an authorized Polestar educator in which he/she will review different parts of the course material in preparation for exam. These workshops may also be used for self-mastery check-off. Date/time of workshop is scheduled by teacher.	<u>See fee table below*</u>

**Notes:** Comprehensive students have access to all session types for observation. Mat and Reformer students may observe only Mat (Mat students) or Reformer (Reformer students) classes, respectively.

**\*Supervised Mentorship Fees**

<u>Fee/person/hour-HK\$</u>	Private	2 persons	3 persons	4 persons	5+ persons
Mat	\$600	\$320	\$230	\$200	\$175
Reformer	\$625	\$350	\$275	\$220	\$200
Studio/Rehab	\$650	\$375	\$300	\$275	\$220

**\*\*Unsupervised Mentorship Fees - Payments for packages and single sessions to be made in advance.**

<b>**Mentorship Package - HK Students</b>				<u>General Notes:</u>
<u>Course Type</u>	<u>Session package</u>	<u>Duration</u>	<u>Fee HK\$</u>	
Comprehensive	*Unlimited 1 hour sessions	18 months	\$2800	*Students purchasing the 12/18 month package may cancel the package at any time at the end of at least 6 full months.
Comprehensive	#Unlimited 1 hour sessions	3 months	\$750	#No cancellation possible
Comprehensive	##Single Session	Single Session	\$75	## Only for students who are registered for courses in Hong Kong
Reformer	*Unlimited 1 hour sessions	12 months	\$1200	<b>Visiting Students-Flat fee of HK\$200/hour (Studio/Reformer), HK\$100 (Mat)</b>
Reformer	#Unlimited 1 hour sessions	3 months	\$350	
Reformer	##Single Session	Single Session	\$50	Availability: Space is limited due to priority access for Iso Fit enrolled students
Mat	*Unlimited 1 hour sessions	12 months	\$500	Reservation Required: Please contact us in advance to confirm space availability
Mat	#Unlimited 1 hour sessions	3 months	\$150	
Mat	##Single Session	Single Session	\$25	<b>All the above is subject to change without notice</b>

**Notes:**

For students whose course started **before 1st April 2026**, the previous Mentoring fee list will apply.

All students who participate in any of the activities included in the mentoring programme are required to sign their agreement and understanding of the related terms and conditions of participation **before** their first session.

See Summary **Terms and Conditions** overleaf >>>>>>>>