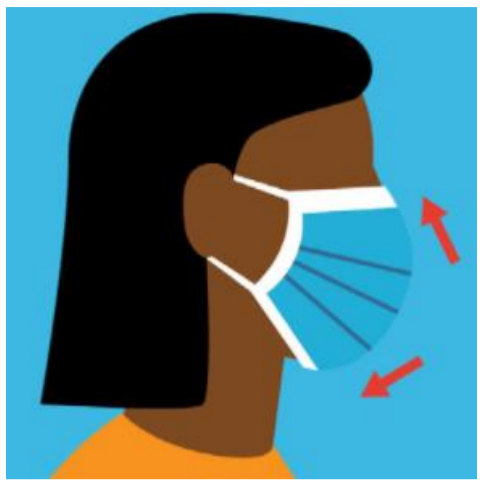


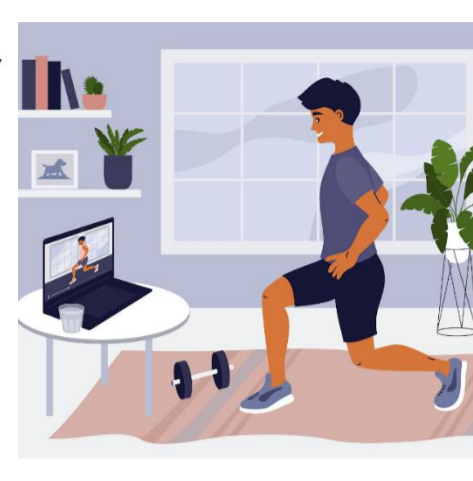
Please book your session online: <https://forms.gle/2UuLbynZoRZoVamZ9>



Masks must be worn at all times, covering both your nose and mouth.



Lockers are available. Please spray the locker with sanitizer before use. Note that you cannot store items overnight.



Our Facebook live workouts will continue. Please visit our page for more information.



The Gym will operate from 08h00 – 15h00, Monday to Friday. Will close from 12h00 – 12h30 for cleaning.



Kindly sanitize the equipment after use. Sanitizer and paper towel is provided. Please use bins to dispose of used paper towel.



Please use hand sanitizer frequently. You are welcome to use your own product, if it is a 70% alcohol solution.



You will be screened before access. Please be patient with us in conducting this process, which will include a temperature check. Stay home if you have symptoms.



Showers are unfortunately closed until further notice.



Please maintain a safe social distance at all times. We recommend 1.5 meters while using our facilities. Only use available equipment.



Please make sure you carry a sweat towel and be sure to wash it after each use. Do not use your towel to wipe any of the equipment. Your sweat towel is for sweat.



Your training time will be limited to a maximum of 90 minutes from point of access. We are also limiting the amount of people to train at a time. You are advised to complete our online booking and pre-screening google form.



Water fountains are open for filling up water bottles. Please remember to bring your own bottle. Kindly refrain from drinking water directly from the nozzle.