

Gym Policies

1. The gym will be open from 7 AM - 8 AM for the morning session and from 2:30 PM - 4PM for the afternoon session.
2. Mondays, Wednesdays and Fridays are reserved for the boys.
3. Tuesdays, Thursdays and Saturdays are reserved for the girls.
4. In case of loss or damage of any equipment, the members will give a proper account of the case. Failure of which, the members will be held accountable.
5. The students are to exercise caution and use proper techniques in consultation with the trainer prior to use of equipment.
6. Members will not be allowed to use the gym if they are not in appropriate gym wear. This is to prevent avoidable injuries and mishaps.
7. The equipment in the gym will be maintained properly by all members.
8. A student will be selected from the members who will be in-charge of making sure all rules/regulations and maintenance of the equipment are followed and ensured respectively.



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