

# Do & Don't @ Gymnasium

*All users are advised to strictly adhere to the SOP's provided ,failing which, SAD reserves its right to deny entry into its facilities*

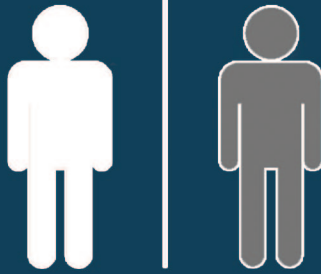
**X8**



Individual Workout only  
10 user / session



45 minutes per session



Sports Distancing  
at least 1 Metre



Observe Cleanliness  
Self Awareness and Discipline



Observe Cleanliness and Bring  
Own Sanitizer, Towel & Bottle



**WEAR FACE MASK BEFORE  
AND AFTER EXERCISE**

