

RULES AND REGULATIONS OF THE GYM

1. The opening hours of the gym are Monday to Friday between 8 am to 8pm. The key must be return at the reception at 8pm.
(Members are not allowed to get access after 7 pm)
2. Members are allowed to check in the gym and the changing room with their membership card.
3. The Membership Card is non-transferable and may only be used by the Members. Members in the gym are assisted by the PE instructors.
4. Clean athletic indoor shoes are required in the gym.
5. Before any workout check the condition of the machines. Broken or damaged machines are not allowed to use. You must report them to the coaches.
6. Members are responsible for any damages caused by improper use.
7. All the weights must be put back on their designated racks after use.
8. Members are allowed to use the gym at their own risk.
9. The Gym/University is not responsible for any loss or theft of personal property left in the changing room.