

STARTING FROM 1 DEC 2019 ENERGYONE GYM OPERATES FROM **6.30AM - 1AM** DAILY.

Do Take Note of the Slight Changes to the Peak & Non Peak Hours.

	Whole Day	Off Peak Hrs	Peak Hrs
Mon - Fri	0630hrs 0100hrs	0630hrs -1700hrs 2230hrs - 0100hrs	1700hrs - 2230hrs
Sat,Sun and PH	0630hrs 0100hrs	0630hrs -1300hrs 2000hrs - 0100hrs	1300hrs - 2000hrs

Are the new operating hours permanent?

The new operating hours are on a trial basis and will monitor the response accordingly.

How about Steam Rooms and Jacuzzi Timing?

Steam Rooms and Jacuzzi will follow the new operating hours.

Access to Club Swimming Pool

The swimming pool operating hours remain unchanged. Please refer to SAFRA website for more details.

Can I sign up gym membership or pay for Per Entry after 10.30pm?

All payment/transactions cease from 10.30pm.

What time can I work out till?

Do plan time for your shower and exit the gym by 1am latest.