

SOP: HEALTH PARLOUR  
(FOR COVID -19 PANDEMIC PHASE)

Reference the SOP dated 05 September 2020, with effect from 05 October 2020, the modus operandi shall be as follows:-

1. Timings. On all days except of Lockdown and as and when intimated.
  - (a) Health Parlour Timings. 6:30 AM to 9:00 PM.
  - (b) Members Timings. From 6:30 AM to 7:30 PM, sub divided as follows:-
    - (i) Gents.
      - (aa) 6:30 to 7:30 AM
      - (ab) 7:45 to 8:45 AM
      - (ac) 9:00 to 10:00 AM
    - (ii) Ladies.
      - (aa) 10:30 to 11:30 AM
      - (ab) 11:45 to 12:45 PM
      - (ac) 12:45 to 1:30 PM – Lunch Break
      - (ad) 1:30 to 2:30 PM
      - (ae) 2:45 to 3:45 PM
    - (iii) Unisex.
      - (aa) 4:00 to 5:00 PM
      - (ab) 5:15 to 6:15 PM
      - (ac) 6:30 to 7:30 PM
      - (ad) 7:45 to 8:45 PM
    - (iv) Sundays and Holidays.
      - (aa) 7:30 to 8:30 AM
      - (ab) 8:45 to 9:45 AM
      - (ac) 10:00 to 11:00 AM
      - (ad) 11:15 to 12:15 AM
      - (ae) 12:30 PM to 1:30 PM
  - (c) Intervals of 15 minutes and 45 minutes will be used for sanitisation and Lunch respectively.