

MASA PENGGUNAAN JIMNASIUM LATIHAN BEBANAN

OPERATING HOURS FOR THE GYMNASIUM

HARI / DAY	MASA PENGGUNAAN / OPERATING HOURS		
	TENGAHARI / AFTERNOON	PETANG / EVENING	MALAM / NIGHT
ISNIN / MONDAY	<u>1.00 PM - 2.00 PM</u> TERBUKA (LELAKI & WANITA) OPEN (MEN & WOMEN)	<u>5.30 PM - 9.00 PM</u> TERBUKA (LELAKI & WANITA) OPEN (MEN & WOMEN)	
SELASA / TUESDAY	<u>1.00 PM - 2.00 PM</u> TERBUKA (LELAKI & WANITA) OPEN (MEN & WOMEN)	<u>5.30 PM - 7.00 PM</u> WANITA SAHAJA (WOMEN ONLY)	<u>7.00 PM - 9.00 PM</u> TERBUKA (LELAKI & WANITA) OPEN (MEN & WOMEN)
RABU / WEDNESDAY	<u>1.00 PM - 2.00 PM</u> TERBUKA (LELAKI & WANITA) OPEN (MEN & WOMEN)	<u>5.30 PM - 9.00 PM</u> TERBUKA (LELAKI & WANITA) OPEN (MEN & WOMEN)	
KHAMIS / THURSDAY	<u>1.00 PM - 2.00 PM</u> TERBUKA (LELAKI & WANITA) OPEN (MEN & WOMEN)	<u>5.30 PM - 7.00 PM</u> WANITA SAHAJA (WOMEN ONLY)	<u>7.00 PM - 9.00 PM</u> TERBUKA (LELAKI & WANITA) OPEN (MEN & WOMEN)
JUMAAT / FRIDAY	<u>12.30 PM - 2.30 PM</u> WANITA SAHAJA (WOMEN ONLY)	<u>5.30 PM - 9.00 PM</u> TERBUKA (LELAKI & WANITA) OPEN (MEN & WOMEN)	