CLEANING SCHEDULE

Washrooms

	M	T	W	T	F	S	S
Clean and sanitise sinks							
Refill hand wash							
Remove rubbish and replace bin liners							
Refill toilet roll							
Clean and polish mirrors							
Clean and disinfect toilets							
Refill shower soap							
Clean shower and taps							
Dust fittings							
Mop and disinfect floors							
Replace empty air fresheners							
Clean and sanitise lockers							

Reception

	M	T	W	T	F	S	S
Straighten floor mats/ cushions							
Remove fingerprints from light switches							
Clean window sills							
Empty bins							
Mop floors							
Wash front door glass							
Vacuum all carpets							

Main Gym Floor

	M	T	W	T	F	S	S
Refill wet wipes							
Disinfect water fountain							
Clean and sanitise cardio equipment							
Clean and sanitise lifting platforms							
Clean and sanitise free weights area							
Clean and sanitise resistance machines							
Return all free weights to correct location							
Straighten stretching mats							
Vacuum and mop under gym equipment							
Wipe down vending machines							

Studio

	M	T	W	T	F	S	S
Rubbish removed							
Mirrors cleaned and polished							
Equipment returned to original layout							
Wipe all horizontal surfaces with disinfectants							
Vacuum floors							
Mop floors							
Dust windows and blinds							

Kitchen/Staff room

	M	T	W	T	F	S	S
Wash work surfaces							
Mop floor							
Clean microwave							
Wipe sinks							
Refill kitchen towels							
Refill hand wash							
Clean out fridge							
Change/ launder tea towels							
Wash dishes							
Vacuum/ brush floors including behind door							
Remove rubbish and replace bin liners							
Empty/ wash coffee machines							

Office

	M	T	W	T	F	S	S
Vacuum/ brush floors including behind door							
Remove rubbish and replace bin liners							
Empty paper shredder							
Dust windows and blinds							
Wipe all horizontal surfaces with disinfectants							

Are You Fully Stocked? Consult Our Gym Supplies Checklist!

- Specialist Gym Wet Wipes
- Gym Hard Surface Sanitiser
- Hand Sanitiser
- Hand Wash
- Floor Cleaner
- Toilet Cleaner
- Crash Mat Sanitiser
- P-Wave
- Floor Polish
- Tissues
- Disinfectant
- Glass Cleaner
- Deodoriser
- Sol Sunbed Sanitiser
- Laundry Products
- Blue Roll
- Dishwashing Products
- Toilet Tissue