

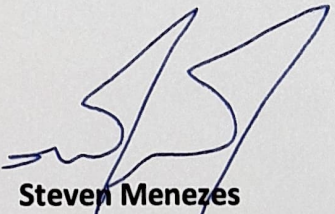
## NOTICE

### TIME LIMIT FOR SAUNA & STEAM

Members are informed that the maximum time limit is 20 minutes for Sauna & Steam.

A register entry for the same is mandatory.

Kindly cooperate.



Steven Menezes  
Secretary  
28 JUL 2024