

Gym and studio cleaning: what we clean

Walk the club at a quiet hour and tick each zone against the floor you actually run.

Facility _____ Address _____

Walked by _____ Date _____

Locker rooms and showers

- ☐ Shower stalls scrubbed from wall tile to drain
- ☐ Hair and residue lifted from drain covers
- ☐ Grout lines worked before soap film settles
- ☐ Benches, locker doors, handles and vanities wiped dry
- ☐ Toilets, urinals, sinks and partitions disinfected
- ☐ Paper, soap and liners topped up from our stock or yours
- ☐ Tile squeegeed toward drains and dried
- ☐ Grooming counters, hair dryers and scales wiped

Weight and cardio floor

- ☐ Grips, handlebars, seat and back pads wiped and disinfected
- ☐ Pin selectors, cable handles and cardio screens
- ☐ Treadmill side rails
- ☐ Chalk cleaned off dumbbells, kettlebells and plate storage
- ☐ Benches done on every face, frame and feet included

Rubber, turf and mats

- ☐ Grit vacuumed out of rubber tiles first
- ☐ Rubber damp-mopped with a pH-neutral cleaner
- ☐ Turf sled lanes vacuumed
- ☐ Edges around racks and machine feet detailed by hand
- ☐ Yoga mats, foam rollers and plyo boxes wiped and stacked

Studios and glass

- ☐ Mirror walls polished edge to edge
- ☐ Spin bikes wiped from handlebar to flywheel cover
- ☐ Barres and step decks cleaned
- ☐ Studio floor finished to suit wood, vinyl or rubber
- ☐ Glass partitions and entry doors left streak-free

Front desk and staff rooms

- ☐ Check-in counter, key-tag scanner and retail shelves
- ☐ Lobby seating cleaned and entry mats vacuumed
- ☐ Staff and coaching offices on the routine
- ☐ Break room tables, sinks, microwave and bins

Timing

- ☐ Overnight or pre-dawn visit finished before the early crowd
- ☐ Open clubs cleaned zone by zone in the slowest hours
- ☐ Day porter through the after-work rush, if wanted
- ☐ Locker room deep cleans set for quiet overnights

Notes
