

admin_id	admin_username	admin_password
1	admin1	admin1

announcement_id	announcement_title	announcements	dt
2	Covid-19	Due To Lockdown Gym Will Remain close for Month	2024-03-27 09:58:54
6	A new class or program.	This could be a new fitness class, a personal training program, or a nutrition program. Be sure to include all the details, such as the date, time, and location of the class or program, as well as the cost and any prerequisites.	2024-03-29 12:00:24
7	A new member benefit.	This could be a discount on memberships, free personal training sessions, or access to new equipment. Be sure to explain the details of the benefit and how members can take advantage of it.	2024-03-29 12:01:31
8	An Event	Gym organized An event for tomorrow.	2024-03-29 12:03:14

attendance_id	member_id	attendance_date	status
5	1	2024-03-13	Present
12	4	2024-03-29	Present

member_id	member_name	username	password	gender	dob	mobile_no	address	email	joining_date
1	Yash Kad	Yash	Yash@123	Male	2002-01-15	8888888899		Yash@gmail.com	2024-03-27 01:48:00
2	Vinayak Keswad	vinayak	Vinayak@123	Male	2023-04-24	7878787878	MUlshi,pune.	Vinayak@gmail.com	2024-03-27 16:30:39
4	User2	User2	User2@123	Female	2020-01-29	1122334455		User2@gmail.com	2024-03-29 10:59:16

sales_id	plan_id	member_id	start_date	end_date	status	date_created	amount
28	3	2	2024-03-29	2025-03-29	Active	2024-03-29 08:48:36	10000.00
29	3	4	2024-03-29	2025-03-29	Active	2024-03-29 11:00:51	10000.00
30	3	1	2024-03-29	2025-03-29	Active	2024-03-29 12:39:37	10000.00

plan_id	plan_name	amount	description	validity
3	Vvip	10000.00	<div><div>Access to all Equipments&lt;br /&gt;</div><div>locker&lt;br /&gt;</div><div>Steam room&lt;br /&gt;</div><div>PT Session Full Time</div></div>	12
6	Basic	3000.00	<div><div>Access to all Equipments&lt;br /&gt;</div><div>locker&lt;br /&gt;</div><div>Steam room&lt;br /&gt;</div><div>PT Session Full Time</div></div>	2
7	Standard	6000.00	<div><div>Access to all Equipments&lt;br /&gt;</div><div>locker&lt;br /&gt;</div><div>Steam room&lt;br /&gt;</div><div>PT Session Full Time</div></div>	5
8	Vip	7500.00	<div><div>Access to all Equipments&lt;br /&gt;</div><div>locker&lt;br /&gt;</div><div>Steam room&lt;br /&gt;</div><div>PT Session Full Time</div></div>	8

plan_id	day	description	dt
20	Monday	CHEST  Push-Up - 3sets *15reps Incline Bench Press - 3sets *15reps Bench Press - 3sets *15reps Decline Bench Press - 3sets *15reps Seated Chest Fly - 3sets *15reps  TRICEP  Bench Press (Close Grip) - 3sets *15reps Overhead Triceps Extension - 3sets *15reps Skull Crusher Barbell - 3sets *15reps Tricep Pushdown Band - 3sets *15reps	2024-03-29 11:53:18
21	Tuesday	BACK:  Pull Up - 3 Sets x 15 Reps Incline Row Dumbbell - 3 Sets x 15 Reps Lat Pulldown Cable - 3 Sets x 15 Reps Seated Row Cable - 3 Sets x 15 Reps Back Extension - 3 Sets x 15 Reps	2024-03-29 11:53:38
22	Wednesday	BICEPS:  Bicep Curl Dumbbell - 3 Sets x 15 Reps Hammer Curl Dumbbell - 3 Sets x 15 Reps Bicep Curl Barbell - 3 Sets x 15 Reps Preacher Curl Barbell - 3 Sets x 15 Reps Reverse Curl Cable - 3 Sets x 15 Reps	2024-03-29 11:53:47
23	Thursday	LEG  Squat Barbell - 3sets *15reps Backward Lunges Dumbbell - 3sets *15reps Step-up Dumbbell - 3sets *15reps Leg Extension Machine - 3sets *15reps Lying Leg Curl Machine - 3sets *15reps Leg Press Machine - 3sets *15reps Seated Calf Raise - 3sets *15reps	2024-03-29 11:54:00
24	Friday	SHOULDER  Lateral Raise Dumbbell - 3sets *15reps Overhead Press Dumbbell- 3sets *15reps Overhead Press Barbell - 3sets *15reps Front Raise Plate - 3sets *15reps  FOREARMS  Wrist Curl Dumbbell - 3sets *15reps Reverse Wrist Curl Dumbbell - 3sets *15reps	2024-03-29 11:54:22
25	Saturday	CARDIO  Warmup - 10 Min Treadmill Running - 30 Min Cycling - 30 Min Stretching - 5 Min	2024-03-29 11:54:45