

ALL CLASSES ARE  
FREE  
FOR ANNUAL  
COUNTRY CLUB  
MEMBERS



## Royal Country Club Fitness Classes - June 2017

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15:15				Ballet with Saskia (3-5 yrs)			
16.00		Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)		
				Ballet with Saskia (6-10 yrs)			
16:30		Kids Swimming (6-10 yrs)	Kids Swimming (6-10 yrs)	Kids Swimming (6-10 yrs)	Kids Swimming (6-10 yrs)		
17:00	Boot-Camp ** with Mustafa (Mixed)		Boot-Camp ** with Mustafa (Mixed)		Boot-Camp ** with Mustafa (Mixed)		
		Kids Swimming (3-5 yrs)	Kids Swimming (3-5 yrs)	Kids Swimming (3-5 yrs)	Kids Swimming (3-5 yrs)		
17:30		Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)		
18:00				Circuit Training (45min) (Mixed)	Family Movie Night Free for All		
19.00							Salsa (Mixed)
19.30	Non Impact Aerobics (NIA) with Iman ** (Ladies Only)						

To register for a class, please call +973 17 750777

Junior Classes

