

ALL CLASSES ARE
FREE
FOR ANNUAL
COUNTRY CLUB
MEMBERS



Royal Country Club Fitness Classes - August 2017

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Boot-Camp with Adrian (Mixed)		Boot-Camp with Adrian (Mixed)			Boot-Camp & Boxing Private Group	
10:00							Ballet with Saskia (3-5 yrs)**
10:45							Ballet with Saskia (6-10 yrs)**
16:00		Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)		
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)			
19:00	Boot-Camp & Boxing Private Group		Boot-Camp & Boxing Private Group				

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

Junior Classes

** No Ballet Class on Saturday 26th August.

