

ALL CLASSES ARE  
FREE  
FOR ANNUAL  
COUNTRY CLUB  
MEMBERS



Royal Country Club  
BAHRAIN

## Royal Country Club Fitness Classes - May 2017

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30	Hatha Yoga ** with Mariam (Ladies Only)		Hatha Yoga ** with Mariam (Ladies Only)				
16.00		Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)	Kids Swimming (Mixed Age)		
16:15				Ballet with Saskia (3-5 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)	Ballet with Saskia (6-10 yrs)	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	Non Impact Aerobics (NIA) with Iman ** (Ladies Only)		Oriental Dance Work-Out with Iman ** (Ladies Only)		Family Movie Night Free for All		
				Circuit Training (45min) (Mixed)			
19.00	Kangoo Jump ** with Dana (Ladies Only)		Kangoo Jump ** with Dana (Ladies Only)				Salsa (Mixed)
19.30				Hatha Yoga ** with Mariam (Ladies Only)			

\*\* No Classes During Ramadan

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

Junior Classes

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