



Royal Country Club Fitness Classes - March 2017

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30	Hatha Yoga with Mariam (Ladies Only)		Hatha Yoga with Mariam (Ladies Only)				
10.00		Kangoo Jump with Dana (Ladies Only)		Kangoo Jump with Dana (Ladies Only)		Pilates with Rose (Mixed)	
11.00						Kids Dancing with Dana (4-10 yrs)	
16:15				Ballet with Saskia (3-5 yrs)			Spartan Training (Mixed)
17:00	Boot-Camp with Mustafa (Mixed)	Circuit Training (45min) (Mixed)	Boot-Camp with Mustafa (Mixed)	Ballet with Saskia (6-10 yrs)	Boot-Camp with Mustafa (Mixed)		Kids Kangoo Jump with Sheerefa (4-10 yrs)
18:00	Non Impact Aerobics (NIA) with Iman (Ladies Only)			Oriental Dance Work-Out with Iman (Ladies Only)	Family Movie Night Free for All		
19.00	Kangoo Jump with Dana (Ladies Only)		Kangoo Jump with Dana (Ladies Only)				Salsa (Mixed)

ALL CLASSES ARE FREE FOR ANNUAL COUNTRY CLUB MEMBERS

To register for a class, please call +973 17 750777/ +9733277063

Junior Classes

