

 Free For Annual Country Club Members

 BD4 Members & BD6 Non Members

Bootcamp Package Rate: BD40 Riffa Views & BD50 Non Members













All Single Classes BD6



# Royal Country Club

BAHRAIN

## Royal Country Club Fitness Classes - November 2017

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	 With Adrian (Mixed)		 With Adrian (Mixed)		 With Adrian (Mixed)		
10:00			 With Nancy (Ladies Only)				
11:00			 With Nancy (ladies Only)				
17:00	 With Mustafa (Mixed)		 With Mustafa (Mixed)		 With Mustafa (Mixed)		
18:00	<b>Non Impact Aerobics (NIA)</b> With Iman (Ladies Only)	 With Adrian	<b>Private Group Oriental Dance</b>	 With Iman (Ladies Only)			
19:00		 With Nancy (Ladies Only)		 With Mustafa (Mixed)			

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

