

 Free For Annual Country Club Members, BD2 Other Membership & BD6 Non Members

 BD3 Annual RCC Members, Golf Members & BD6 Other Membership, Non Members

Bootcamp/ Yoga
Package of 10 classes
BD25 Annual Members & BD55 Other Membership, Non Members
Single Classes BD6



***Spinning Class Price**
Members: BD40 for 10 classes or BD 5 per class
Non-Members: BD60 for 10 classes or BD 7 per class

Royal Country Club Fitness Classes – August 2018

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	 With Alastair (Mixed)	 With Katerina (Ladies)	 With Alastair (Mixed)	 SPINNING With Alana (Mixed)*	 With Alastair (Mixed)		
10:00				 With Katerina (Ladies)			 With Katerina (Mixed)
17:00							
18:30			 SPINNING With Alana (Mixed)*				
19:00		 With Katerina (Mixed)		 With Katerina (Mixed)			

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

