
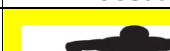













 Free For Annual Country Club members

 6 week Course : members BD24 Non Members BD 36  
Starts Sept 10th



## Royal Country Club Fitness Classes - Sept 2017

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	 <b>BOOTCAMP</b> with Adrian (Mixed)		 <b>BOOTCAMP</b> with Adrian (Mixed)			<b>Private Group Boxing</b>	
10:00			 <b>ZUMBA</b> fitness with Nancy (Ladies Only)			 <b>WOMEN'S SELF-DEFENSE CLASS</b> With Adrian (6 week Course)	 <b>CORE FITNESS</b> With Victor (Mixed)
11:00			 <b>LEGS TUMMIES &amp; ARMS</b> With Nancy (Ladies Only)				
17:00	 <b>BOOTCAMP</b> with Mustafa (Mixed)		 <b>BOOTCAMP</b> with Mustafa (Mixed)	 <b>Strength &amp; Tone</b> WEIGHTS • CIRCUITS • CORE • TONING With Nancy (Ladies Only)	 <b>BOOTCAMP</b> with Mustafa (Mixed)		
18:00	<b>Non Impact Aerobics (NIA)</b> with Iman (Ladies Only)	 <b>BOXFIT</b> FUN • FAST • FITNESS With Adrian (Mixed)	<b>Oriental Dance</b> Work-Out with Iman (Ladies Only)	 With Nancy (ladies Only)			
19:00	<b>Private Group Boxing</b>	 <b>SPINNING</b> With Nancy (Ladies Only)	<b>Private Group Boxing</b>				





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

# Royal Country Club

BAHRAIN

## Royal Country Club Childrens Classes – Sept 2017

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		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							

Time	Monday	Tuesday	Wednesday	Wednesday	Thursday	Friday	Saturday
16.00				Ballet With Saskia (3-5 Yrs)			
16.45				Ballet with Saskia (6-10 yrs)			

