







Royal Country Club Fitness Classes – November 2020

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30		 BOOTCAMP With Alastair (Mixed)					
9:00	 Pilates With Sarah (Mixed)	 Pilates With Sarah (Mixed)	 BOOTCAMP With Alastair (Mixed)	 Pilates With Sarah (Mixed)	 BOOTCAMP With Alastair (Mixed)		
10:30		VIRTUAL BOOTCAMP With Alastair (Mixed)					
11:00			VIRTUAL BOOTCAMP With Alastair (Mixed)		VIRTUAL BOOTCAMP With Alastair (Mixed)		

Cancellation Policy: 2 hrs in advance

**Booking Window: Members 7 Days in advance
Guests 3 Days in advance**

To register for a class, please call +973 17750777 - **Bookings Essential**

BD5 Annual RCC Members, Annual Full Golf Members & BD7 Other Memberships, Non Members

Package for 10: BD45 Annual RCC Members, Annual Full Golf Members & BD60 Other Memberships, Non Members

VIRTUAL CLASSES Package for 12: BD36 Annual RCC Members, Annual Full Golf Members & BD42 Other Memberships, Non Members