

 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	 BOOTCAMP With Adrian (Mixed)		 BOOTCAMP With Adrian (Mixed)		 BOOTCAMP With Adrian (Mixed)		
10:00			 ZUMBA fitness With Nancy (Ladies Only)				
11:00			 LEGS HIPS & TUMS With Nancy (ladies Only)				
17:00	 BOOTCAMP With Mustafa (Mixed)		 BOOTCAMP With Mustafa (Mixed)		 BOOTCAMP With Mustafa (Mixed)		
18:00	Non Impact Aerobics (NIA) With Iman (Ladies Only)	 KickFit KICKBOXING & FITNESS With Adrian	Private Group Oriental Dance	 <i>oriental dance</i> With Iman (Ladies Only)			
19:00		 SPINNING With Nancy (Ladies Only)		 metafit HIIT TRAINING With Mustafa (Mixed)			

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

