

ALL CLASSES ARE  
**FREE**  
FOR ANNUAL  
COUNTRY CLUB  
MEMBERS



Royal Country Club  
BAHRAIN

## Royal Country Club Fitness Classes - July 2017

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Boot-Camp with Adrian (Mixed)		Boot-Camp with Adrian (Mixed)				
10:00							Ballet with Saskia (3-5 yrs)
10:45							Ballet with Saskia (6-10 yrs)
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	Boot-Camp with Mustafa (Mixed)		Boot-Camp with Mustafa (Mixed)		Boot-Camp with Mustafa (Mixed)		
		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	Non Impact Aerobics (NIA) with Iman (Ladies Only)		Oriental Dance Work-Out with Iman (Ladies Only)	Circuit Training (45min) (Mixed)			
19:00							Salsa (Mixed)

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

Junior Classes

TROON GOLF®