



Royal Country Club Fitness Classes for February 2012

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07.00					Circuit Training with Lullu (Mixed)		Circuit Training with Lullu (Mixed)
08.00		Spinning with Rajan (Ladies Only)					
08.30	Pilates with Rita (Ladies Only)		Pilates with Rita (Ladies Only)		Pilates with Rita (Ladies Only)		
09.00				Spinning with Rajan (Ladies Only)			Spinning with Rajan (Ladies Only)
09:30	Spinning with Rita (Ladies Only)	Bollywood Dance with Lubna (Ladies Only)	Belly Dancing with Dina (Ladies Only)	Bollywood Dance With Lubna (Ladies only)	Belly Dancing With Adriana (Ladies Only)		
10.00							Yoga with Samantha (Ladies Only)
10.30					Zumba with Adriana (Ladies Only)		
14.00	Yoga with Samantha (Ladies Only)			Yoga with Samantha (Ladies Only)			
16.00		Basketball with Bashar (3 – 15 yrs mixed)		Football with Ahmed (3 – 15 yrs mixed)			
16.30	Taekwondo with Hassan (3 – 15 yrs mixed)	Teen-Fit Boot Camp with Rita (10 – 16 yrs, mixed)	Taekwondo with Hassan (3 – 15 yrs mixed)		Teen-Fit Boot Camp with Rita (10 – 16 yrs, mixed)		
17.30		Pilates with Rita (Mixed) Spinning with Rajan (Mixed)		Spinning with Rajan (Mixed)	Pilates with Rita (Mixed)		
18.00			Super Circuit with Rajan (Adult Mixed)	Yoga with Samantha (Mixed)	Super Circuit with Rajan (Adult Mixed)		
19.00	Circuit Training with Victor (Mixed)	TRX with Victor (Mixed)		TRX with Victor (Mixed)			

To register for a class, please call +973 17 751264. Personal Training and Private Swimming Lessons are available by appointment.



JC's Tennis Academy

The Royal Golf Club and Royal Country Club are delighted to be working in collaboration with Riffa Views and JC's Tennis Academy to bring a wide range of exciting tennis opportunities to our valued members. Based at the state-of-the-art tennis facilities at Riffa Views International School, JC's Tennis Academy offers something for tennis players of all ages and abilities.

JC's Weekly Events Schedule:

Saturday Night Club Nights from 7pm to 9pm

This round robin is a great way to end your week or kick start your week. The Riffa Views Club Nights, a complimentary social club night for Riffa Views residents, Royal Country Club and Royal Golf Club members and guests.

Monday Morning Ladies Coffee Mornings from 8.30am to 10.30am

A complimentary social tennis morning for those ladies with intermediate and advanced experience. These social competitive sessions are round robins where each person rotates throughout the morning, including singles and doubles play according to the group's size.

Wednesday Night Advanced Men's Session from 7.30pm to 9pm

With the country's top programmes and pros, JC's is the leader in tennis instruction for advanced players of all ages. JC's offer a clinic system designed for the advanced players on Wednesday nights.

February to April Event Schedule:

Sunday 5th February from 10am – 12 noon at Riffa Views Tennis Courts

Beginners Tournament: For those players who have little or no tournament experience and who are currently on our beginners programme. This fun-filled tournament lets beginners experience the thrill of competing and putting into practise what they have been taught. Food to be served at the Royal Golf Club. Cost: Residents & members BD 5 / Visitors BD 7

Wednesday 22nd – Sunday 26th February at Riffa Views Tennis Courts

'The Championships', The Riffa Views Club Championships: For men, women, juniors, singles and doubles in this elimination championships. Winners to be immortalised in the Riffa Views hall of fame. Cost: Residents & members BD 5 / Visitors BD 7

Saturday 3rd March from 7pm – 9pm at Riffa Views Tennis Courts

'Battle of the Sexes': This age old dual whereby Men take on Women for supremacy at Riffa Views in this singles and doubles format. Losing team pays for dinner at the Royal Golf Club where prizes will be given to the winning team. Total number of players needed is 10 males and 10 females. Further details to follow. Cost: Residents & members BD 5 / Visitors BD 7

Royal Golf Club and Royal Country Club members are entitled to a 10% discount on private tennis coaching fees with JC's Tennis Academy.

To reserve your place at any of the above events, please contact JC's Tennis Academy on telephone +973 17 233111 or email info@jcstennis.com