









## Royal Country Club Fitness Classes – September 2022

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00			 <b>BOOTCAMP</b> With Alastair (Mixed)		 <b>BOOTCAMP</b> With Alastair (Mixed)		
915	 <b>Pilates</b> With Sarah						
1000				 <b>Pilates</b> With Sarah			 <b>Pilates</b> With Sarah
10:30	 <b>Dance Fit</b> With Venky (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**

**BOOTCAMP - Single Class: 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

**PILATES - Single Class: BD6 Annual RCC Members, Annual Full Golf Members & BD9 Other Memberships, Non Members**


















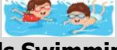



**Package for 10:** BD55 Annual RCC Members, Annual Full Golf Members & BD75 Other Memberships, Non Members

**DANCE FIT - Single Class: BD8 Annual RCC Members, Annual Full Golf Members & BD10 Other Memberships, Non Members**

**Package for 6 Weeks:** BD33 Annual RCC Members, Annual Full Golf Members & BD42 Other Memberships, Non Members



### Royal Country Club Kids Classes – September 2022

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16:00		 <b>Kids Swimming</b> Mixed Age	 <b>Primary Ballet/ Modern / Tap</b> 5.5 to 7 years	 <b>Kids Swimming</b> Mixed Age			
16:30		 <b>Kids Swimming</b> 6 to 10 years	 <b>Kids Swimming</b> 6 to 10 years	 <b>Kids Swimming</b> 6 to 10 years	 <b>Kids Swimming</b> 6 to 10 years		
17:00			 <b>Grade 2 Ballet</b> 8 years & above				
17:00		 <b>Kids Swimming</b> 3 to 5 years	 <b>Kids Swimming</b> 3 to 5 years	 <b>Kids Swimming</b> 3 to 5 years	 <b>Kids Swimming</b> 3 to 5 years		
17:30		 <b>Kids Swimming</b> Mixed Age	 <b>Kids Swimming</b> Mixed Age	 <b>Kids Swimming</b> Mixed Age	 <b>Kids Swimming</b> Mixed Age		
17:50			 <b>Grade 2 Modern</b> <b>Grade 1 Tap</b> 8 years & above				
18:00		 <b>Kids Swimming</b> Mixed Age	 <b>Kids Swimming</b> Mixed Age	 <b>Kids Swimming</b> Mixed Age	 <b>Kids Swimming</b> Mixed Age		

Kids Dance Classes BD31/- for 4 Sessions a month (45 Minutes)

Kids Swimming Classes BD44/- Members & BD54 Non Members for 8 Sessions a month (30 Minutes)